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Waterdog could join Portuguese photographer in White House

The Obama family is reported to have invited Pete Sousa, the grandson of Portuguese immigrants, to return to the White House as their official photographer, after having served President Ronald Reagan in the same capacity decades ago. (See Page 3)

PM opens door to gay unions

Gay activist groups have welcomed Prime Minister José Sócrates' move to get Portugal's ruling Socialist party to endorse civil unions for homosexual couples. (See Page 3)

Cardinal issues Muslim marriage warning

Portugal's most senior Catholic clergyman has created a stir by last week cautioning Christian girls to be careful when considering marriage to a Muslim, warning of "the mountain of problems" that could await them. (See Page 7)

F1 tests endure harsh weather

The Algarve Motor Park hosted the first multi-team Formula One testing of 2009 this season, but the five teams present, Toro Rosso, McLaren, Renault, Williams and Toyota, were not very fortunate as bad weather did not allow them to test their new equipment to their full potential. (See Page 64)

Weekend weather

Lisbon: Residents in the capital will be hard pressed to find blue skies in the coming week, as cloud and rain will be dominating weather for the next seven days, though Saturday will be without rain. **Faro:** The rain of recent days is forecast to subside this weekend, but heavy clouds are expected to return at the beginning of next week. **Oporto:** Rain will dominate in the north, though Saturday is not expected to be too wet.

Spain and Portugal join forces for 2018 World Cup

PORTUGAL IN WORLD CUP BID

bid, see p. 2

F1 world champion at Algarve race track



Lewis Hamilton takes a quick break to sign autographs while the track is temporarily closed due to a competitor's car catching fire during testing. (Photo: The Portugal News)
See story on back page.

Portugal and Spain launch 2018 World Cup bid



After months of speculation, Portugal and Spain this week made a joint announcement that they had formalised the basic framework under which they will be launching a bid to host the 2018 World Cup. In what promises to be one of the most hotly contested bids, an 'Iberian' World Cup is already being looked upon as a favourite. Support from South America and even Africa when FIFA sits down to select the host country or countries could prove crucial due to the many friends Portugal and Spain have on these continents. In the meantime, officials in Lisbon and Madrid have said should their 2018 bid fail, they would look to host football's showpiece tournament four years later.

The Portuguese and Spanish Football Federations this week signed a document of intent in Lisbon detailing the broader aspects their candidacy to host the 2018 World Cup.

The two countries will now have to sit down and discuss the finer points of the bid, such as which cities will host which games.

It is widely expected that Lisbon will receive the opening match and a semi-final in the event of a successful bid, while Madrid and Barcelona are to fight it out for the right to hold the final.

While the venues will most certainly remain a heated point of discussion in the coming months, both Portugal and Spain could host the tournament with little building work due to their impressive stadia and capacity to comfortably receive and house millions of visitors.

However, a FIFA stipulation that any stadium hosting a World Cup match should have a minimum capacity of 40,000 will mean that cash-strapped Portuguese taxpayers will be asked to support renovations at stadiums no older than five years in order to accommodate FIFA's requirements.

Portugal built seven modern stadiums from scratch and renovated three others for Euro 2004 as well as upgrading the country's transport infrastructure in what was termed the "best Euro ever" by UEFA.

Benfica's Estádio da Luz is Portugal's biggest venue, with a 62,000 capacity for international games – 18,000 short of FIFA's demand that the final or opening game be held at a venue with a capacity of 80,000.

Sporting's Estádio José Alvalade and FC Porto's Estádio do Dragão each hold 52,000 and are unlikely to require any refurbishments.

A total of 12 stadiums are to be used in the World Cup, and

Portugal will be looking to provide between three and five of these venues, with four being the likely number.

Both the Portuguese and Spanish Federations say they have their respective governments' blessings to host the World Cup, though officials in Lisbon have been adamant in stating that 2018 is not a priority, especially when the current economic climate is taken into consideration.

In the meantime, the united Iberian candidacy will need to have its completed bid-books with FIFA by May 2010, while the deciding vote will take place in December that year.

FIFA will decide the venue for both the 2018 and 2022 tournaments that year, with Iberia looking to host the latter event should it fail in its initial one.

However, should the strongest bid facing Portugal-Spain – that of England – win the 2018 event, they will be unable to host the 2022 or 2026 tournament, as no country from a continent that hosts the 2018 event will be permitted to host again until 2030.

Despite numerous other bids being launched (ten to date) England and Iberia seem to have singled each other out as main contenders.

Illustrating this rivalry, former Manchester United assistant manager and current Portugal national coach Carlos Queiroz, made only one comment following the announcement in Lisbon this week: "Our bid is to defeat the English".

Photo left: Spanish Soccer Federation chairman Angel Maria Villar (L) and his Portuguese counterpart Gilberto Madail shaking hands on 19 January at the Portuguese Soccer Federation headquarters in Lisbon, after their agreement to promote a joint candidature for the 2018 World soccer championship. (Photo: Lusa/Inácio Rosa)



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PM opens door to gay unions



Gay activist groups have welcomed Prime Minister José Sócrates' move to get Portugal's ruling Socialist party to endorse civil unions for homosexual couples.

The President of the association Opus Gay, António Serzedelo, applauded Prime Minister Sócrates' announcement at a party meeting last Sunday, saying this week it was a "positive" step, especially as it came during an economic crisis when minority rights are easily "forgotten".

He said gay activists should concentrate first on winning and consolidating the right to civil unions before pressing for adoption rights.

Earlier, the ILGA Association praised the Socialist leader's initiative as "an enormous step towards equality and against discrimination".

Prime Minister Sócrates gained loud applause on Sunday on telling some 300 party members that he would

propose the Socialists back gay civil marriage at the party congress next month.

"This is the time for the (Socialists), at their national congress, to affirm their will to propose the right of civil marriage between persons of the same sex to Portuguese society", he said.

The recognition of such minority rights would be "a victory for all" because it would be "the victory of tolerance, of freedom, of equality and of dignity for all Portuguese", he said.

The party congress, where José Sócrates is virtually assured of retaining his post as secretary-general, comes ahead of three national elections slated for later this year, including a key legislative poll in the autumn.

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White House with Portuguese flavour



The Obama family is reported to have invited Pete Sousa, the grandson of Portuguese immigrants, to return to the White House as their official photographer, after having served President Ronald Reagan in the same capacity decades ago, the Lusa News Agency reports.

The Portuguese atmosphere at Washington's most prestigious address will also be bolstered, if the Obamas accept an offer by the Algarve tourist region (see last week's edition of **The Portugal News**) to present daughters Sasha, 7, and Malia, 10, with a Portuguese Water Dog puppy - one of two breeds the new First Family have said they were considering as a pet.

According to a breeder in the Algarve selected to present Washington with its 'First Dog' should they choose to have it, two top-breeds placed in confinement a fortnight ago, finally mated this Thursday.

Meanwhile, White House spokesman Robert Gibbs confirmed Sousa's appointment as official photographer in an interview with the magazine of the National Press Photographers Association.

"Pete is a great person and a marvellous photographer", Gibbs was quoted as saying, adding that the White House was fortunate to have him return.

Sousa, 54, who was working at the Chicago Tribune, said he accepted the invitation with the understanding he would be able to document the Obama presidency for "the sake of history".

Photo above right: US President Barack Obama dances with his wife US First Lady, Michelle Obama at the Mid-Atlantic Inaugural Ball at the Washington Convention Centre on January 20, 2009 in Washington, DC. Obama became the first African-American to be elected to the office of President in the history of the United States. (Photo: EPA/Mark Wilson)



Portugal wants EU engagement on Gaza humanitarian aid

Portuguese Foreign Minister Luís Amado has urged the European Union to take steps to ensure "efficient" humanitarian aid for the "martyred people" of Gaza following a three-week Israeli offensive.

Luís Amado made his plea shortly before he joined other EU foreign ministers at a dinner meeting in Brussels with their Israeli counterpart, Tipi Livni.

"The European Union must engage itself surely in re-establishing conditions that allow efficient humanitarian aid for the terribly martyred people of Gaza", Minister Amado told journalists on arriving for the dinner.

Israel completed the withdrawal of its troops from Gaza on Wednesday after 22 days of aerial and ground offensives that left some 1,300 dead and the territory's infrastructure severely damaged.

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EU predicts tough year for Portugal



Portugal's economy will contract by 1.6 percent in 2009, double the Lisbon Government's estimate of 0.8 percent, and the budget deficit will jump to 4.6 percent this year compared to the 3.9 percent forecast by the Government, the European Commission announced this week in its interim economic forecast for 2009 and 2010, the Lusa News Agency reported.

Brussels predicts Portugal's GDP will enter a protracted downturn in the coming two years slumping from 0.2 percent last year to -1.6 percent in 2009 and -0.2 percent in 2010. Portugal's budget deficit rose by at least 2.2 percent in 2008 and will climb to at least 4.6 percent this year and 4.4 percent in 2010.

An EU source further told the Lusa News Agency the Commission's forecast does not take into account Lisbon's supplementary 2009 state budget and the revised Growth and Stability Programme presented last week by the Government.

Brussels said its gloomy outlook for Portugal was marked by a series of interconnected factors like tighter credit conditions, deteriorating consumer confidence and a slowdown in external demand.

"The stimulus package for 2009 adopted by the Portuguese authorities (on Dec. 12) will boost GDP (mainly investment) but its fading away in 2010 will weigh on GDP in that year," the Commission's press release said.

Portugal's jobless rate is now expected to rise to 8.8 percent in 2009, the Commission said, higher than its earlier forecast of 7.9 percent.

GDP growth in the European Union is expected to fall by 1.8 percent in 2009 before recovering moderately to 0.5 percent in 2010, the EC added in its report.

Brussels explained this is the result of the impact on the real economy of the intensified financial crisis, the ensuing global downturn manifested in the severe contraction of world trade and manufacturing output and, in some countries, housing-market corrections.

Government consumption and public investment, however, will provide relief. The fact that inflationary pressures have eased also contributes to private consumption. The discretionary fiscal measures announced since August 2008 will limit the contraction in GDP growth by about 0.75 percent this year. The severity of the economic downturn will have a significant impact on employment and public finances over the forecast horizon.

"The measures to stabilise the financial market, the easing of monetary policies and the economic recovery plans will enable us to put a floor under the deterioration of the economy this year and create the conditions for a gradual recovery in the second part of 2009. The top priority is to make those measures work effectively: to improve the flows of credit at reasonable prices and to implement the fiscal stimulus packages quickly to stimulate investment and private consumption. To boost confidence, it is also crucial that Member

States explicitly commit that they will reverse the deterioration of public finances as soon as we return to normal economic times so as to ensure the medium-to-long term sustainability of public finances", said Joaquín Almunia, Economic and Monetary Affairs Commissioner.

Economic activity worldwide is expected to have fallen markedly in the last quarter of 2008. Declines in recent survey data and incoming orders, among others, indicate that this weakness is likely to persist in the short term. The economic downturn is expected to be broad-based with negative spillovers increasingly affecting emerging-market economies. For 2009 as a whole, world GDP growth is projected to slow down to 0.5 percent (from 3.3 percent in 2008 and the exceptionally strong 5 percent average in 2004-2007).

Starting in the second half of 2009, global growth is expected to rise gradually but moderately as the financial market situation improves and the impact of the macroeconomic policy easing (not least in the US) gains traction. Overall, global GDP growth is expected to be around 2.75 percent in 2010.

Despite these negative figures, EU economies, and most notably Portugal, are looking to have the worst effects of the recession averted through dropping interest rates.

Last week, interest rates were cut for the fourth consecutive month by the European Central Bank. The cut of half a percentage point to a benchmark figure of two percent equals the lowest rate since the ECB was handed autonomy of monetary policy a decade ago.

The first of the interest rate cuts came into force last October, when it was at a high of 4.25 percent.

Analysts, who had widely forecast last week's rate cut, said that ECB President Jean-Claude Trichet was likely to reduce the benchmark rate again this quarter, though excluded a cut at the bank's next meeting in three weeks.

Expectations, according to surveys of leading economists, are that the rate will fall to 1.5 percent in March, the same as the current Bank of England lending rate.

Earlier this month, Portuguese officials expressed optimism that recent and pending interest rate cuts would actually result in 2009 being a prosperous year for most home owners.

"Those who keep their jobs in 2009 can look forward to greater earnings and even more buying power", the Governor of the Bank of Portugal said last week, adding the disposable income of families would rise considerably in the coming year.



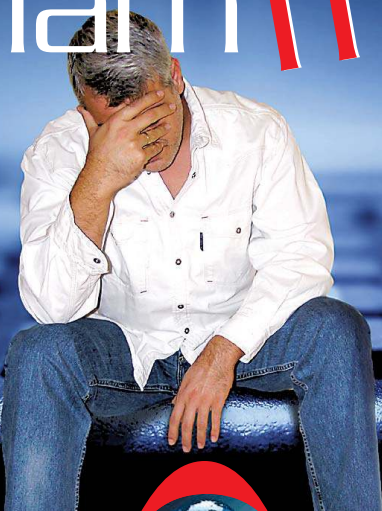
Workers at the Obrarte ceramics factory met on 19th January outside the Alcobaça City Hall to demand four and a half months of unpaid wages. (Photo: Lusa / Paulo Cunha)

EU approves Portuguese aid scheme



The European Commission has, under the state aid rules of the EC Treaty, authorised the first in a series of aid measures for businesses planned by Portugal to deal with the current economic crisis, it revealed in a statement on its official website earlier this week.

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This measure will enable aid of up to €500,000 to be granted in 2009 and 2010 to businesses in difficulty as a consequence of the current economy crisis or facing funding problems because of the credit crunch.

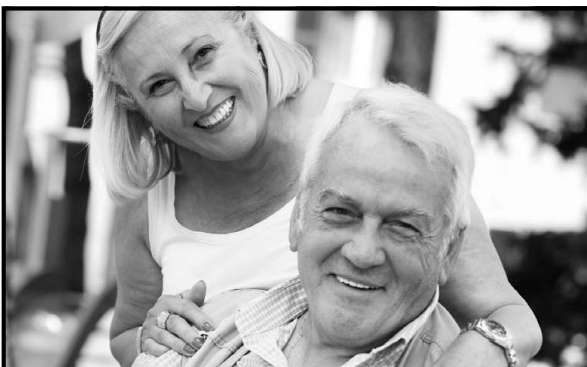
The scheme meets the conditions imposed by the Commission's temporary framework giving Member States additional possibilities for providing businesses with improved access to financing during the economic and financial crisis.

Competition Commissioner Neelie Kroes said: "This measure will help alleviate the difficulties faced by Portuguese businesses affected by the current situation without giving rise to any undue distortions of competition. Thanks to the excellent co-operation of the Portuguese authorities, it was possible to approve the measure very quickly."

The scheme is based on the provisions of the temporary framework that deal with compatible aid of a limited amount. In particular, the maximum amount of aid does not exceed €500,000 per company and the scheme applies only to businesses which were not in difficulty on 1 July 2008.

This scheme is the first measure authorised for Portugal under the new temporary framework for state aid adopted in principle by the Commission on 17 December 2008. Portugal is the third country, after Germany and France, to avail itself of this new temporary framework.

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Teachers strike against reforms, threaten new action



Portugal's public school teachers, contesting government reforms, carried out a one-day strike on Monday, the latest action in a months-long tug of war with the Socialist administration.



Teachers during a demonstration in Viseu on 19th January against the Ministry of Education's grading process. (Photo: Lusa / Paulo Novais)

Union spokesman Mário Nogueira estimated more than 90 percent of the country's teachers had stayed away from work and threatened further "new strikes and demonstrations" if the Government did not alter plans to implement changes in career statutes and a new system of teacher evaluation.

The Education Ministry

downplayed the strike's impact, saying only some 41 percent of teachers had joined the action, forcing the closure of 318 schools, 27 percent of the total.

The Ministry said Monday's strike was "much smaller" than the previous one last December which it said mobilised nearly 67 percent participation.

TPN/Lusa

Portugal tops for children

According to a recent UNICEF report Portugal is amongst the countries with the fewest number of deaths of children under the age of five, having improved since the organisation's last report on 'The World's Infant Situation'.

Unveiled late last week in Johannesburg, the report places Portugal at position number 173 on a global list of countries and their respective infant death rates. This corresponds to four deaths per every 1,000 children aged five or under.

However, the report, which is based on data from 2007, shows that that year (2007) there were no deaths in Portugal of children under the age of five. In the same group as Portugal are 16 other countries, including Germany, Denmark, Spain, France, Japan and Norway.

Last year UNICEF ranked Portugal 167th on the list, with a infant mortality rate of five deaths per every 1,000 children aged five or under.

For the first time since 2006 the number of deaths per year in children under five was lower than 10 million (9.7 million). This means a drop in infant mortality of 60 per cent since 1960.

The report also highlights Sweden, Andorra, Singapore, Iceland, Liechtenstein and Luxemburg as the countries with the lowest child mortality rate, with three deaths of children under the age of five in every thousand.

Sierra Leone tops the list, with 262 in every one thousand children under the age of five dying.

Regarding basic life statistics, Portugal has an average life expectancy of 78 years of age, and a baby mortality rate (infants under one year of age) of three deaths per thousand babies, which according to UNICEF is also a low figure. It has been calculated that a little over three decades ago, 42.9 women per every 100,000 died during labour, that number now rests at around an annual eight women, and the infant mortality rate was 38.9 in every 1,000 newborns.

This follows a recent extensive report published by the World Health Organisation, which revealed that life expectancy in Portugal is almost ten years more than it was three decades ago.

Portuguese, from a life expectancy in the 60s back in 1976, can now expect to live to see 80, the report entitled, 'Portugal, Primary Health Care in Action 2009', reveals.

According to the organisation, this astonishing improvement in life expectancy rates is due "thanks to one of the world's most successful performances in reducing mortality".

The report also found that Portugal now has the 11th highest life expectancy rate in the world.

According to WHO, Portugal's success is the result of development of a nationwide primary health care system.

WHO further praises the network of health centres staffed by physicians and nurses which have progressively covered the country in recent years.

Portugal considers this to be its greatest success in terms of improved access to care and health gains, WHO said.

The organisation confirms that a flaw in the Portuguese National Health Service remains because the emergency departments at hospitals are still being intensely used by patients.

But the report adds the Government's 2004-2010 National Health Plan aims to further decentralise primary care facilities, thereby freeing up emergency departments by bringing primary care closer to the people through smaller scale family units.

Health care in Portugal, which is free of charge, currently costs the state an annual sum of US\$2,034 per citizen.

Madeleine case only reopened if new evidence emerges

Following last week's brief visit to Portugal by the father of missing toddler Madeleine McCann, the Portuguese Attorney General's office has said that the case would only be reopened if "new facts" arose.

"The case can only be re-

opened if new facts, credible and relevant, are presented", the Attorney General's office said in a written statement in response to questions from the Lusa News Agency after the return to Lisbon of the child's father on a campaign to re-launch the search

for his daughter.

The father, Gerry McCann, said last week he intended to co-operate with Portuguese authorities in the search for Madeleine, who went missing in the Algarve in May 2007, believing there are still leads which could be followed up.

"We think there is a very good chance that Madeleine could still be found alive and in good health and so we want the search to continue. We wish to stress our willingness to work closely with the authorities whenever this is possible," said Gerry McCann.

In an interview with the Lusa News Agency, Madeleine's father said he had returned to Portugal for the first time since September 2007 to discuss with his lawyer, Rogério Alves, the best way of collaborating with the Portuguese authorities to "explore steps that still haven't been taken and which could have made a difference."

He added that it was important to study the case and the investigative process carried out so far "to avoid duplicating steps already taken," and also "to not waste resources."

"It's the first trip to Portugal and I hope it will be the first of many during the coming months... The aim is to see what can still be done in the search for Maddie," McCann added.

He said the British police and their colleagues in various other countries continue to receive "information from different sources" about what happened to Madeleine, as well as reports of "possible sightings".

"Like all parents of missing children we want any leads to be investigated," stressed Madeleine's father, who met with his lawyer and British consular officials shortly after his arrival in Portugal.

He further told Lusa that he had no present intention of progressing with any legal case against the Portuguese state or any other body, particularly the media, underlining that he wanted to "go forwards and not backwards".

"I want to make it completely clear that the past is in the past and we very much want to focus on what still can be done to continue the search. This is our priority and always was. Therefore these issues (possible cases) are just not relevant at this moment."

Madeleine was just three when she went missing on May 3, 2007 from the bedroom where she was sleeping with her two younger twin brother and sister in a tourist complex in Praia de Luz, Lagos, while her parents dined in a nearby restaurant.

On September 7 of the same year the child's mother Kate and her father were declared persons of interest to the case, but on July 21, 2008 the Attorney General's office announced the closing of the case and the shelving of the process.

The couple's suspect status was lifted. Police originally suggested they were dealing with a possible abduction, but later admitted the child could have died, although the authorities never managed to ascertain what happened.

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Cardinal cautions Catholic girls against marrying Muslims



Portugal's most senior Catholic clergyman has created a stir by last week cautioning Christian girls to be careful in considering marriage to a Muslim, warning of "the mountain of problems" that could await them.

Cardinal José Policarpo, the Patriarch of Lisbon, speaking at an informal conference at a casino last week, also said the Portuguese church should not be "naïve" in seeking dialogue with Islam, underlining what he described as the Muslim attitude that they had a monopoly on truth.

Terming relations with Lisbon's 100,000 Muslims as "generally good", Cardinal Policarpo told an audience at Figueira da Foz Casino that "the first fundamental attitude" for effective ecumenical dialogue with Muslims was to "know [Islam] better" and respect it.

"Take care with your romantic loves", the cardinal warned Catholic girls. "Think twice, think very seriously, before marrying a Muslim man and getting yourself into a mountain of problems that even Allah doesn't know where they might lead".

He said he knew of "dramatic cases" faced by Christian wives on their first visit to a Muslim husband's homeland where they were "subject to the Muslim regime of women".

While defending inter-faith dialogue with Islam, the Cardinal said it was "very hard" because

Muslims were inclined to believe "their truth is absolute and complete", leaving little room for compromise.

Muslims, he added at the roundtable discussion, approached ecumenical dialogue as a move to demarcate their territory, "like wolves do in the forest".

In response to these comments, the leader of Lisbon's Muslim community said his people felt "hurt" by Portuguese Cardinal José Policarpo's warning to Catholic girls.

"We were somewhat hurt by the choice of words" of Cardinal Policarpo "in relation to our community and to the dialogue we have sought with all religious denominations, in particular with Christian religions", Abdool Magid Vakil, the President of Lisbon's Muslim community, said in a statement sent to the Lusa News Agency.

Vakil described the community's experience of inter-faith dialogue in Portugal as "fruitful", adding that it had "fraternal and cordial relations" with other religions.

He underlined the importance of "respect for differences" and of gaining knowledge of other re-



ligions as the foundation of "stable and lasting relations" between different religious communities, saying there was "great ignorance" of Islam.

As to the cardinal's com-

ments, cautioning against interfaith marriages with Muslims to avoid a "mountain of problems", Vakil drew a distinction between Portuguese and foreign Muslims.

Religious differences between people sharing the same society and culture does not pose the same level of "difficulty" in relations, as when such differences are exacerbated by

membership in a foreign culture, he said.

Photo above: Cardinal Policarpo speaking last June in Lisbon (Photo: Lusa / Tiago Petinga)

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STARBUCKS COFFEE

The first Starbucks to open in Portugal was inaugurated in the Alegro Commercial Centre in Alfragide on 30th September last year. (Photo: Lusa / Mário Cruz)

Starbucks surpasses expectations



Having only recently established itself in Portugal the Starbucks chain is doing so well with its first three stores that it is looking to double the number of businesses in this country by the end of 2009.

According to a spokesperson, by the end of this year Starbucks wants to have six establishments open in Portugal. It has drawn "a very positive picture" over the past year, surpassing initial estimates both in numbers of clients and takings.

"In two years we intend to have the greater Lisbon region covered", said Luís Mello, director of Starbucks operations in Portugal.

He revealed that in 2011 Oporto would be targeted and would become home to establishments of the North-American chain as it "has a structure that will guarantee the quality and maintenance of Starbucks' characteristics and concept".

Starbucks already has two coffee houses open in Lisbon, in the Alegro Shopping Centre, Alfragide, and in Belém, and a third one will be opened in the

Fórum Almada shopping centre.

Currently employing 50 people, distributed throughout the three stores, the chain also uses various Portuguese suppliers and will soon start selling sandwiches made in Portugal.

New introductions to cater for Portuguese breakfast habits will also soon be available.

There are currently 16,000 Starbucks stores worldwide.

ADVERTISER'S ANNOUNCEMENT

Skilled Immigrants in demand in Canada

The Canadian Government has decided to increase the size of its immigrant population. With today's competitive job market, immigrants bring needed skills and experience to Canadian employers—especially in high-demand sectors. In fact, immigrants will account for 100 per cent of labor-force market growth by 2011, according to Statistics Canada.

Employment Consultants of Canada has decided to help immigrants integrate into the Canadian workplace by connect-

ing newcomers with top employers across the country.

Another new class of immigrants will allow temporary workers and international students to apply for permanent residency while in Canada. So that skilled temporary workers, who lack sufficient formal education to qualify in the skilled worker category, can live in Canada permanently.

Immigration Minister, Diane Finley says, "Choosing newcomers based upon knowledge of our labor-market and experience

within Canadian society would make Canada a more attractive destination for skilled workers around the world."

Also a governing body has been set-up to evaluate the foreign credentials of immigrants trained abroad, so immigrants can begin to work in their chosen profession immediately. You won't have to leave home to apply. Interested applicants can contact: Gary Gaines, Employment Consultants, POB 98523, 873 Jane Street, Toronto, Ontario, Canada M6N 5A6.

IRS 2008: Procedures

Nº1 - FISCAL RESIDENCY

by Dennis Swing Greene

This is the first article in the series examining required procedures when declaring Individual Income Tax ("IRS"):

- | | |
|--------------------------------------|------------------------------------|
| 1) Fiscal Residency | 4) Exemptions from Filing |
| 2) Submitting your "IRS" Declaration | 5) Marital Status |
| 3) Non-Residents | 6) Tables of Progressive Tax Rates |

The vast majority of Foreign Residents share a common trait: most, if not all, of their livelihood comes from outside of Portugal. Great confusion and dis-information abound regarding such Income from Abroad. Before analysing the different requirements surrounding Individual Income Tax ("IRS") in Portugal, it is useful to dispel some of the myths and establish a few of the basics regarding Portuguese taxation and the obligations of the Foreign Resident. So the first question to consider is: **Who is required to make an income tax declaration in Portugal?**

Questions & Answers:

When is a foreigner considered resident for tax purposes?

It is important to distinguish between a Residency Permit ("Residência") and being resident for tax purposes. The former is civil in nature and had new legislation as of August 2006. The latter is Fiscal and is circumstantial in nature. Individuals are deemed to be resident for tax purposes when they meet any of the following criteria:

An individual is deemed to be tax resident if he is 1) physically present in Portugal for more than 183 days in a calendar year; or 2) physically in Portugal for less than 183 days but has established a permanent place of residence at the year end. If one owns a dwelling in Portugal that the tax authorities might reasonably assume to be his or her usual

residence, one can be considered resident for that tax year. If the head of a family is resident in Portugal for tax purposes, other family members are also considered to be resident there, even if actually living abroad.

However, if the foreign country has a tax treaty with Portugal, the treaty contains rules to decide in which of the two countries an individual is resident. Needless to say, if you do have a "Residência", you are deemed to be resident whether physically present or not in Portugal. In fact, the *Estrangeiros* office now insists that non-EU residents present IRS tax declarations for *Residência* renewals.

Are non-residents required to declare income arising in Portugal such as rental income?

Your first obligation is to settle up with the tax authority in the country where the income is generated. As such, non-residents are taxable on income arising in Portugal, usually at the flat rate of 25%. However, rental income benefits from a special reduced rate of 15%. Once declared and paid in Portugal, this tax should be eligible for a tax credit in your home jurisdiction, thus eliminating double taxation.

What happens if I don't file a tax return and get caught?

While the tax authorities used to turn a blind eye to foreign residents, the pendulum is now moving in the other direction. Rather than being invisible, expats have become prime targets. Legally tax resident in Portugal, many have never submitted a return, thus likely to be eligible to pay tax owed, back interest as well as hefty penalties. If you come forth voluntarily, you are dealt with

accordingly. However, once on the "Black List" of tax-cheaters, it is difficult to shake that status. Look on the bright side: by being compliant, you can take an important step towards peace of mind.

But I already pay tax in my home jurisdiction...

Unfortunately, you don't get to choose where you pay your taxes. The Law determines the choice for you. Just because you may pay (incorrectly) back home doesn't mean that you will win any favour with *Finanças*. Double Taxation Treaties clearly define taxpayer obligations. And Portugal now has over 40 tax treaties with all of the EU countries and many others around the world. Many others are in different stages of the process. In other words, Portugal is rapidly internationalizing its fiscal perspective.

Will I pay more in tax in Portugal?

It may come as a surprise that filing a correct tax return in Portugal can actually save you money. Submitting a tax declaration is not synonymous with paying tax. The Portuguese tax code has generous allowances and unexpected exclusions on certain forms of income, broad deductions for numerous types of expenses and liberal tax credits for many common expenditures. Many people find their tax burden in Portugal to be significantly lower than in their country of origin. We will try to show you how in the coming weeks.

Next: Submitting your IRS tax declaration

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for **euroFINESCO s.a.** Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095. Order your copy of our 144 page book, "Portuguese "IRS" Individual Income Tax 2008" by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

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Audi Portugal unaffected by crisis



Despite the current economic crisis in Portugal, German manufacturer Audi had its best sales figures ever in 2008 and also took the market's largest quota.

With prices ranging between €25,000 and €170,000, Audi is a renowned car brand all over the world, outstanding in quality and workmanship.

However, Audi were not the only company to succeed in 2008 as BMW also declared record sales, proving that prestigious brands were not affected by the crisis, quite the opposite in fact.

Last year Audi sold 7,818 vehicles, a 3.7% share of all passenger vehicles sold in Portugal, confirming their 13.6% growth in comparison to 2007, when they sold 6,883 cars. Considering that the whole market registered a 5.7% growth, Audi more than doubled the market's average. The German manufacturer justifies their success with the brand new Audi A4, which quickly climbed to the top spot in the superior middle class seg-

ment. Audi predicts a slower year in 2009, but remain positive as they have full trust in their line of cars, considering them the most attractive cars currently on the market.

Importer SIVA, a Portuguese company that imports Audi, Volkswagen, Bentley, Lamborghini and Skoda, have even more reasons to be happy as the collective growth of passenger vehicles of these five brands was 10.5%. Together with commercial vehicles up to 3.5 tonnes, the importer grew 5% compared to 2007, having sold 32,047 vehicles; very positive figures as the global market registered a 0.5% fall in 2008.

With a 13.8% quota, the best in the last five years, SIVA occupies first place of importers in Portugal, having widened the gap between first and second place.



An Audi Sportback concept car is introduced at the North American International Auto Show in Detroit, Michigan, USA on 11 January. Pictured at left in the background is the projection of an Audi R8 V10. (Photo: EPA/Marijan Murat)

New measures to prevent road transport fraud

The European Commission this week adopted a package of measures aimed at detecting and preventing abuses of the tachograph system, used to record the driving time and rest periods of professional drivers.

Furthermore, the new legislation permits the use of dedicated, type-approved adaptors for light vehicles that are required to comply with the Drivers' Hours and

Tachograph rules.

This package of measures aims to significantly improve the methods and procedures used by control authorities in detecting and preventing the use of devices intended to defraud the tachograph system, whilst at the same time keeping unnecessary delays and inconvenience to law-abiding operators and drivers to an absolute minimum.

Ex-chief of nationalised BPN bank remains silent at MP probe

José de Oliveira e Costa, the former head of Portugal's BPN bank that was nationalised last month after €700 million went missing from its funds, was questioned by a parliamentary commission last week on his alleged involvement in the fraud.

Appearing before the closed-door, cross party commission of MPs, Oliveira e Costa, who has spent over a month in custody, requested the status of 'arguido', or suspect, rather than witness and consequently remained silent while questions were put to him.

Oliveira e Costa, 73, and a former member of the Portuguese Government, is the first of several BPN staff scheduled to appear before the special parliamentary inquiry into purported fraud and money laundering operations. He served as chairman of BPN's board from 1997 to 2008.

BPN's financial woes predate the current global financial crisis, but were exacerbated by it, and the bank was the subject of a Government investigation when it was taken into state control.

TPN/Lusa

Galp plans €3m Bissau investment in 2009

Portugal's Galp Energia plans to invest around €3 million this year in Guinea-Bissau to modernize fuel distribution networks and service stations, a company source said.

Carlos Bayan Ferreira, Galp's board chairman, told the Lusa News Agency his company has operated in Guinea for over 50 years and the latest investment round shows the Portuguese group's "confidence in the country's future."



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IRS 2008 Submission Dates:

1 Feb - 15 Mar
(salaried and/or

pension income only)

10 Mar - 15 Apr (internet submissions)

16 Mar - 30 Apr
(all other cases)

16 Apr - 25 May (internet submissions)

Late submissions incur a late filing fine which starts at €50

- Have you taken advice on the preparation of your 2008 IRS return?
- Have you done all you can to reduce your liability?
- How do you declare income from abroad?
- Have you taken full advantage of allowable deductions and credits?...

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Economist Conferences

Fourth Business



Prime Minister José Sócrates speaking during the 4th Business Roundtable with the Government conference which took place in Lisbon on 19th & 20th January. (Photo: Lusa / António Cotrim)

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Lisbon, Madrid to focus on economic crisis at Summit



Ways to combat the global economic crisis were to feature high on the agenda of leaders from Portugal and Spain at the annual Iberian Summit in the northwestern Spanish city of Zamora, diplomatic sources said.

Portuguese Prime Minister José Sócrates was said to be aiming to use his talks with counterpart José Luis Rodríguez Zapatero at the Summit, which started on Thursday, to identify paths to respond to the crisis involving both Iberian states, a Lisbon diplomat told the Lusa News Agency ahead of the gathering of heads of government and a dozen ministers from each country.

Sócrates and Zapatero were also expected to turn their attention to energy and climate change issues, as well as Madrid's leadership of the EU in the first half of 2010, ratification of the stalled Lisbon Treaty, the forthcoming EU-Latin America Summit being hosted by Spain and the follow-up to the EU-Africa Summit staged by Lisbon in 2007.

The two Governments will also approve the creation of a joint centre for renewable energy research in Spain's border city of Badajoz and will unveil a definitive timetable for construction of delayed cross-border high-speed

train (TGV) links.

A slew of two-way cooperation accords in areas including health, the environment, defence and technology will be inked during 14 bilateral ministerial encounters. Ahead of the 24th Ibe-

rian Summit, Portuguese Foreign Minister Luís Amado called for both Governments to show signs of "cooperation" to ensure "less protectionism" by businesses on both sides of the border.

TPN/Lusa

Activists ready petition for return of soldiers' remains from Africa

Activists lobbying for the return to Portugal of the remains of soldiers who died in the colonial African wars will present a petition with 13,000 signatures to Parliament Speaker Jaime Gama in Lisbon Thursday, organisers said this week.

The organising committee is led by Moreira Marques, the president of the Sao Miguel town council in Tondela, who brought home last December the remains of two local soldiers

killed in action in Mozambique in 1966.

The petitioners ask that the Government bring home the remains of hundreds of soldiers killed in combat in Mozambique, Angola and Guinea-Bissau by Portugal's national day June 10, 2012.

The petition calls for the fallen soldiers to receive their "deserved honour, returning to their land" to "finally rest in peace with dignity". TPN/Lusa

President wants more cooperation in innovation in Iberian-American space

President Cavaco Silva has this week called for more cooperation in the fields of "innovation and knowledge" in a lunch-eon meeting with ambassadors

from 14 Iberian-American countries accredited to Lisbon.

The President underlined the "great potential" of multilateral cooperation in the area, especially through universities, research centres, and public-private ventures, a Belem Palace source told the Lusa News Agency.

The theme of the next Iberian-American summit, to be hosted by Portugal next November, is precisely innovation and new technologies.

Cavaco Silva also told the diplomats, who included the Ambassadors from Spain and Andorra, he hoped the bilingual community would take steps to promote the use of Portuguese, a central concern of Lisbon's diplomacy and that of the eight-nation Community of Portuguese Language Countries (CPLP).

Foreign Minister Luís Amado also attended the lunch-eon meeting.

TPN/Lusa

Portugal withdraws Iraqi forces

Portugal is withdrawing its small NATO training military contingent from Iraq due to "changes in security conditions" and the lack of an accord with the Baghdad authorities on the "status of the troops," Defence Minister Nuno Severiano Teixeira told MPs in Parliament on Wednesday.

Portugal's six troops, currently serving as NATO instructors to Iraq's military, will return home by the end of January rather than June as originally planned, Minister Severiano Teixeira told the cross-party defence committee in Lisbon's Parliament.

Iraq's altered security scenario mean Portugal and other NATO member states are pulling out their security missions, the Minister told lawmakers.

TPN/Lusa

Tourism offices assigned to regional entities

Portugal's tourism board (TdP) is transferring the management of local tourism bureaus to newly formed Regional Entities, having already completed the necessary procedures for this to happen in Lisbon and Faro in the near future.

Faro's tourism bureau, which is situated inside the Airport, will be governed by the Algarve Tourism Board (ERTA - Turismo do Algarve), and two Lisbon-based bureaus will be placed under the management of the Lisbon Tourism Association.

Currently being negotiated is the hand-over of two tourism bureaus in Oporto, to be transferred to the management of the 'Oporto and Northern Portugal Tourism

Board'.

Along with the assigning of tourism offices to regional entities the Government has also implemented guidelines for reinforcing the promotion of local tourism and improving regional products.

In total this will be applied to five tourism bureaus (three of which are within airports in Faro, Lisbon and Oporto), in the Praça dos Restauradores (Lisbon) and Praça D. João (Oporto).

Truck rampage in Lagos kills one, injures eight



A 21-year-old man who stole a truck from a building site last weekend and went on a rampage throughout the streets of Lagos, killing a woman and injuring eight other people, was heard in court this week where he answered to a charge of murder, amongst others, and was sentenced to remain in police custody until a final decision is made.



The truck which was stolen and taken on a rampage through the streets of Lagos last weekend causing one death and eight injuries plus much damage to property. (Photo: Lusa / Luis Forra)

A 40-year-old woman was killed during the riot, and of the eight people he mowed down, two were seriously injured and a 76-year-old woman remains in hospital.

Identified as João Martins, from Odiáxere, Lagos, the young man had previously been detained by police for drink-driving and driving without a license.

Last Saturday he stole a truck from a building site on which he is believed to have been working and took to the streets of Lagos, running amok throughout the city, recklessly driving the wrong way down one-way streets, up curbs, and in busy public areas.

His route took him from the Mercado do Levante to the Mercado de Santo Amaro, crashing into eight vehicles, seven cars

and a motorbike, in the process, causing an estimated €50,000 of damage.

The truck was eventually brought to a halt after police, who had been pursuing the runaway vehicle for a quarter of an hour, fired six shots, one of which hit the driver's cabin, though without causing injury. Also involved in the chase were nine police cars and 24 PSP and GNR police officers, INEM medics, and firemen.

A source from the PSP said officers "did everything they could to stop the truck, but couldn't due to its size".

During his 45-minute court hearing Martins maintained his version of events, that he has no recollection of what happened nor what spurred him to steal the

truck. If found guilty of the charges, which also include theft, insulting language and disobeying authorities, the man could face up to 20 years in prison.

Crime up in 2008



General-Secretary for Internal Affairs Mário Mendes has admitted this week that all types of crime, including serious and violent crime, rose last year.

Even though official figures will only be available in February, Secretary Mendes said that the calculations, which are based on reports from the Ministry of Justice as well as the total of police participations, would allow a "safer notion of reality".

"We are still waiting for figures from the fourth trimester of 2008", he said, adding that whilst "most attention is being paid to situations of social violence", there are no indicators that groups of organized crime exist within neighbourhoods.

This news comes at a time when the country's focus is on its police forces. Last weekend around 100 people gathered at the Casal da Boba PSP police station to protest the death of a 14-year-old who was killed after being shot by an officer.

Protesters threw stones at the police station, injuring an officer.

During another official ceremony this week Minister for Internal Affairs, Rui Pereira, spoke of a reshuffling within the Internal Security System and of Criminal Investigation Law.

An integrated system is to be created where information is to

be shared amongst the various forces, including the PJ judiciary police, the PSP public safety police, and the GNR National Guard, amongst others.

A new Security Strategy for 2009 will be made public in the near future.

Meanwhile the rise in crime is expected to be maintained during 2009, particularly with the economy in crisis.

According to PSP and GNR figures, the number of robberies occurring in places such as hotels and restaurants have risen, being earmarked as preferential targets.

Depipol (Department for Police Information) are putting together a report that predicts criminal tendencies for 2009.

Officials believe that this year such establishments should reinforce their security.

A GNR source said "Today criminals look for easy money without risks".

This does mean, however, and according to police predictions, in 2009 there will be a drop in the number of hold-ups carried out at petrol stations and banks, who after experiencing last year's crime wave, which peaked during summer, have implemented a

Paraplegic drunk driver causes havoc

A drunk paraplegic driver drove straight into a GNR vehicle last week during a random driver/vehicle check. The driver had a blood alcohol level of 1.2 g/L, which is considered a crime.

The incident occurred about one hour after the GNR had started a random driver/vehicle check at a

service station on Motorway 4, in Penafiel. The paraplegic driver drove straight into a Traffic Police GNR vehicle, where an officer was issuing a fine to another driver. The impact was such that the GNR vehicle crashed into the other driver's car, fortunately not causing any injuries. Traffic had to be diverted through the

service station following the accident as debris was spread all over the motorway.

Despite the incident, the operation continued and five people were charged for driving under the influence, six for possession of drugs (8.5 grams of hashish and 0.2 grams of heroin) and over 90 fines were issued.

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This year's Lisbon Travel Market Trade Fair bursting at the seams

This year BTL, which opened its doors on Wednesday, comprises 850 participants, made up of numerous businesses and entities relating to the international tourism sector, from 27 different countries.

Javier Galiana, General-Director of FIL (International Lisbon Fair), said "tourism is being affected by the crisis but the BTL is still being filled up, this year the number of exhibitors has reached 850".

Reportedly, the main objective this year is to increase the number of visitors to BTL by five per cent.

Last year's BTL saw around 70,000 people pass through its doors.

Of the 27 countries participating this year, three are there for the first time – Romania, Croatia and Colombia – who will take their places amongst the many regular exhibitors, like Spain, which has the biggest stand, national entities and autonomous regions, and Brazil.

According to João Passos, President of APAVT, the Portuguese Association for Travel Agencies and Tourism, representatives of this sector will be aiming to "show the qualities and diversity of Portugal as a



Despite the current economic crisis, stands at Lisbon's annual BTL (*Bolsa de Turismo de Lisboa*) tourism trade fair totally sold out and organizers are expecting even more visitors than in 2008.



destination".

"Portugal should not be sold for its prices, but for its quality and diversity", said João Passos,

who added, "We must make an effort within traditional markets, and also try to promote ourselves amongst alternative mar-

kets".

This is contradicted by Eldérico Viegas, President of the AHETA Algarve Hotel and

Tourist Resort Association, who believes that the BTL "exists so travel agencies can present programmes that take the Portuguese

abroad".

He criticizes the BTL for not being able to "keep up with the evolution of time and has not been reformulated".

According to the head of AHETA, BTL "should be a large, open space for debating tourism".

However, despite anticipating a rise in visitors, Javier Galiana also expects the business taking place during the Fair "could be affected by the crisis, with a reduction in comparison to the normal number of deals" made during the mega exhibition.

To curb this, a number of initiatives have been organized and integrated into the event, a type of 'Business Centre', which includes BTL Business (a two-day networking session), BTL Rural (promoting rural tourism in Portugal), and the Iberian Gastronomic Week, along with a number of international and national guests of honour.

Javier Galiana confirmed that between 50 and 80 businesses and entities have enrolled to take part in the sessions.

More than three million euros were invested in organising and carrying out this year's BTL.

Photo left: General view of the stands at the BTL (Bolsa Turismo de Lisboa), which opened last week. (Photo: António Coutrim/Lusa)

Linha rail overhaul

Carris de Portugal (CP), Portugal's rail network company, is going to invest €11 million to modernize the train stations between Sintra and Cascais; by replacing automatic ticket vending machines and begin the first phase of controlled access to trains.

By the end of 2009's first trimester, CP hopes nine of the train stations between Sintra and Cascais will have controlled access, complementing the new 'no contact' ticketing system, implemented in September.

Mercês, Rio de Mouro, Monte Abraão, Queluz/Belas, Amadora and Rossio, Cascais, Oeiras and Cais do Sodré have been undergoing renovations since the end of 2008, which seek to only give access to passengers who have a valid ticket. This process will increase real and perceived safety for users as controlled access will deter

acts of vandalism and reduce fraud.

According to a source from CP, "This investment involves the control of over 50% of passengers in the Greater Lisbon area."

All the new tickets and passes are electronic, no longer requiring the use of paper, and can be recharged at automatic vending machines.

The 'no contact' ticket system, needing only to scan the ticket at the access gates, the on board inspection system and the automatic ticket vending machines have been in use at train stations since September.

Estoril hold high hopes



Estoril Tourism Board is predicting that all the cultural and international sporting events in 2009, promoted by the Council's new brand 'Estoril Live', will earn over €30 million for the Council, €5 million more than in 2008.

According to Estoril Tourism Board, the biggest events organised by the Council, such as Moda Lisboa/Estoril, Estoril Film Festival, Estoril Moto GP, and the Estoril Golf Portugal Open, led to 66,640 sleepovers within the Council last year, representing €9.2 million in hotel revenue and €18.3 million in tourism revenue.

Despite the current eco-

nomie crisis, the Council believes the number of sleepovers will grow again this year, to 71,716, and that hotel and tourism revenue will escalate to €9.9 million and €19 million respectively.

The budget for Estoril's events and marketing has been increased to €9 million. "They are the same events, but they have been evolving."

It does not mean that tour-

ism in general will have the same evolution, because the events only represent 7% of sleepovers in the Council" explained the President of Estoril Tourism Board, Duarte Nobre Guedes who added "We want to invest in events with changes and novelties, because there is no other place in the world with such diverse offers", reminding the Council's objective to

affirm Estoril as an established destination until 2010.

To give greater coverage of the events, the Council has created the 'Estoril Live' brand, aiming mainly at Portuguese residents, but also at residents of European's largest tourist markets.

International television coverage is also set to expand from 774 hours in 2008 to 1,140 this year.

Bike curfew proposed for Cascais waterfront



The Friends of Paredão Association has put forward a proposal to Cascais' City Hall in which it is suggested a designated period is established for bikes to be allowed to circulate the boardwalk.

The Association believes this measure could be approved and implemented as early as this Spring. It believes the current prohibition of all vehicles along the boardwalk (with the exception of the Guia – Guincho stretch, where there is a bike track already) has the advantage

of ensuring safety for all pedestrians, though says, on the other

hand, it "displeases potential users who would like to ride their bicycles legitimately".

In a proposal sent to Cascais City Hall the Association suggests "circulation be authorized from November 1st to March 31st, excluding weekends and holidays, from 10h00 – 17h00, and all night (20h00 – 09h00), from April 1st to October 31st, as hap-

pens in neighbouring county Oeiras".

Along with this timetable, two key rules were put forward: pedestrian priority and the permission for bicycles of children up to the age of eight.

Included in the document were similar proposals for the likes of roller blades and skateboards, which the Association believes

also need "clear regulations".

Cycling along the Estoril coastal boardwalk became a controversial issue when in 2007 authorities suggested reinforcing safety, fining irresponsible cyclists, limiting cycling (in Oeiras), or prohibiting it totally (as in Cascais) following accidents involving pedestrians.

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Pestana expand



Pestana Group is going to open six new hotels this year, representing a €120 million investment. The Portuguese group will be opening a hotel in London, another in Bahia (Brazil), and four in Portugal.

Management of the Pestana Group and the President of Pousadas de Portugal announced last week that 640 rooms and 98 luxury apartments will be built with the €120 million investment. In continental Portugal three inns will be open this year, in Viseu, Estói and Palácio do Freixo (Oporto), whilst three hotels will be built at the same time: the Pestana Chelsea Bridge, in London; the Pestana Bahia Lodge, in S. Salvador da Bahia; and the Pestana Promenade, in Funchal, Madeira.

"We will open the Viseu Inn (84 rooms) on February (19th), the Estói Inn (63 rooms) just before Easter and the Palácio do Freixo Inn (88 rooms) in October/November" announced the President of Pousadas de Portugal, adding that the construction of a new inn in Covilhã, with 95 rooms, will

begin at the end of this year.

The inns that will be inaugurated this year represent a €45 million investment and the Covilhã Inn will cost between €16 and €17.5 million to build.

The administrator of new projects for the Pestana Group stressed the importance of international projects for the Portuguese group as they are making an effort to diversify the company. The Pestana Bahia Lodge, which is being built next to the current Pestana Bahia, will have 98 luxury apartments; and the group's first project in England, the Pestana Chelsea Bridge, will boast 218 rooms and suites. The London project is part of the group's initiative to open hotels in European capitals.

José Roquette also stated that the Pestana Promenade, in Funchal, will have 184 rooms and suites.



State Secretary for Tourism, Bernardo Trindade with the Portugal President of Tourism, Luís Patrão, at the contract signing between Portugal tourism and the Pestana Group. (Photo: João Relvas/Lusa)

Foreigners give Algarve high birth rate



Immigration is one of the main reasons for the Algarve having one of the highest birth rates in the country in 2008, according to the Regional Health Board (ARS).

"A total of 4,804 babies were born in the Algarve region (in 2008), of which 1,139 are children of foreign mothers, figures that exceed those reached in 2007 and place the Algarve as one of the Portuguese regions with the highest birth rates" according to a statement from the Regional Health Board.

Immigration is considered a great contributor to rejuvenating the region's population and helps the socio/economic

development of the Algarve.

Brazilian mothers had most births in the Algarve last year (365 babies), followed by Ukrainian (150) and Romanian mothers (130). One hundred Moldavian and 67 British babies were also born in the Algarve. Other nationalities which comprise the 1,139 foreign babies born in the Algarve are from Angola, Guinea, Cape Verde, France and Bulgaria.

Algarve home to first 'Slow Cities' movement



The first national 'Slow Cities' movement is to be created in March in the Algarve, a pioneering region with regards to adhering to the network.

'Slow Cities' aims to preserve the traditions of localities that make up its network, as well as promoting a tranquil lifestyle and superior quality of life.

In the Algarve the cities of Tavira, São Brás de Alportel, Silves and Lagos are to join the movement, which has a snail as its logo and was created in Italy in 1999.

It has since spread throughout Europe, being adopted by countries including Spain, the

UK, France, and Norway, as well as other countries around the world.

'Slow Cities' support traditional values that incorporate not only heritage but also gastronomy. The gastronomic side of the movement is called 'Slow Food' and promotes the opposite of the 'Fast Food' concept.

Ana Albuquerque, who is responsible for introducing the 'Slow Cities' movement to Portugal, said "We are not in any way against evolution but

we want to fight globalization in its worst sense as it leads to a uniform society and, subsequently, mediocrity".

To become part of the network communities must have at least 50,000 inhabitants, though there can be exceptions, depending on the dimensions of the country in question.

The selection is based on historical components, environmental aspects and quality of life offered by the localities. Sanctions can be applied or the

'Slow City' title removed if a locality should cease to comply with these standards.

Even though the 'Slow Cities' emblem could attract more tourists, its main purpose is to guarantee a certain quality of life for residents.

After enlisting four Algarvean cities, Ana Albuquerque is now looking to expand the 'Slow Cities' concept throughout the rest of Portugal.

Elderly Alzheimer patient walks out



Faro Hospital's Emergency Room is under scrutiny once again as an elderly Alzheimer patient was able to leave the premises without being noticed on Monday. The Hospital only found out the man had disappeared when his family went to pick him up hours later.

Sérgio Pereira fell in Olhão's Day Centre early Monday morning and was taken to Faro Hospital by an Emergency Medical Team. After being treated for his head injuries, the Hospital's staff informed his sister that several examinations, such as a CAT scan, needed to be carried out to ensure his safety.

Lúcia Lopes returned to Faro Hospital later in the afternoon to pick him up and waited for one hour, thinking

he was still being treated, when she received a phone call from an employee at the Day Centre. The man had spotted Sérgio at the Alagôa Garden whilst passing the area by bus. "I was lucky somebody recognised my brother, because, if not, I could still be looking for him" said the distraught sister. She wonders why security at hospitals are so fussy about letting people in but then are negligent when patients walk out.

Sérgio's niece picked him up at the garden and took him back

to the Hospital, which he refused to enter because he had spent most of the day waiting for results without being fed.

In a statement to Lusa News Agency, Faro Hospital said "Faro Hospital apologises for the situation and will carry out an enquiry to see who was responsible", adding "at no time was it mentioned to the medical and nursing teams that Sérgio Pereira had Alzheimer's disease."

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State of the art life boat serving Sagres



The 'Diligente' is the latest lifeboat to be wholly made in Portugal. (Photo: Luis Forra / Lusa)



Presently anchored at Sagres, the 'Diligente' is the latest lifeboat to be wholly made in Portugal, considered 'top-of-the-range' on a global scale.

Along with its 'twins', the 'Vigilante', which is based at Peniche, and the 'Atento', anchored in the Viana do Castelo maritime port, the state-of-the-art trio is designed to save lives at sea.

As well as saving lives the 'Diligente' will be used for maritime traffic control in the Sagres area, where a traffic separation is implemented, to identify different vessels of various nationalities, as well as combating sea pollution.

Able to reach speeds of up to 240 nautical miles (400 kilometres per hour) it will substitute the 'Rainha D.ª Amélia' lifeboat, which could only reach a speed of 80 nautical miles per hour. However, the 'Rainha D.ª Amélia' will be upgraded and then sent to the port of Vila Real de Santo António, near Spain, which does not have a life boat of this calibre.

"With two high-speed lifeboats in the Algarve the region has considerably increased its capacity to save lives at sea", said Reis Agoas, of the Southern Maritime Authority.

Constructed in the Arsenal do Alfeite, the Naval facility, the new lifeboat's most remarkable feature is that it is unsinkable.

In the event of being capsized the vessel is designed to right itself, to ensure the safety of all on board.

With a four-man crew it can rescue up to 12 individuals at a time, plus room for a stretcher, in seas ranging from high swells to extreme waves.

Estimated to have cost one million euros, the 'Diligente' also has inbuilt fire detection equipment and can carry up to 200 litres of fresh water; it has sanitary facilities and has the capacity for 1,600 litres of fuel.

Murder Mystery at the Hotel Garbe

'Another great "Murder Mystery" dinner took place at the Raj Restaurant, Hotel Garbe, Armação de Pera, last Friday.

Everyone got into character and helped solve the murder of John Dosh at the Country Club. Prizes were given to 2 'Renee Scrubbers' who dressed and acted so well throughout the evening.

Proceeds of the evening went to the APAA (Associação

for Protection of Animals Algarve).

Two more dates have been set, at the Hotel Garbe, for a new Murder Mystery dinner 'Murder in Silver Screen City' - 30th January and 13th February - book early to avoid disappointment. Tel: 282-320260.

Haydn string quartets: A taste of things to come



Review of the first concert in a series to commemorate the Bicentenary of the death of Franz Josef Haydn at Teatro Municipal, Faro on 9th January.

During the past three years the Quarteto Lacerda has visited the Algarve on at least five occasions. Their music has always been of the highest quality and their commitment to their art has this year reached a new high. The quartet has reformed over the last six months and there is a new viola player, Paul Wakabayashi. Paul's experience and power were in evidence on the evening of a cold Friday 9th January in the foyer of the Municipal Theatre in

Faro. With the enthusiasm of the younger players at second violin and cello, Paul completes a very impressive group.

For some time Alexander Stewart, leader of the quartet, has had the dream of commemorating the bicentenary of the death of Franz Josef Haydn (1732 - 1809) by performing all of his string quartets both on Antena Dois and recording them for CD. Haydn is peerless among composers for his refinement of musical logic and

balance in the classical form, and his nickname of 'Papa' indicates the esteem in which he is held. Although Alex succeeded in selling his idea to Antena Dois, the playing and recording of all Haydn's quartets would have been a massive undertaking in one year for any one quartet, since Haydn wrote 68 works in this medium alone. Lacerda has therefore consented to share the venture with another quartet. The concert on Friday 9th was the first in the commemorative series and was recorded for transmission on Thursday 15th January on Antena Dois.

Alexander Stewart on 1st Violin, plays in both quartet and orchestra, and it is clear that his group (Marcos Lázaro 2nd violin, Paul Wakabayashi viola and Luís André Ferreira cello) is enthusiastic in the quartet form and that they are committed to the oeuvre of Haydn and to refining their expertise.

The Lacerda Quartet's next concerts in this series are on: 17 February at 9pm in the Teatro Garcia de Resende in Évora; 16 March at 9:30pm in the Centro de Artes e Espectáculos in Figueira da Foz; and 9 April at 9:30pm in the Teatro Municipal in Bragança.

More information about the Lacerda Quartet can be found at www.quartetolacerda.com

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Students shake n' stir their way to school success



Learning how to make cocktails, the history behind the beverages, the art of excellent service and correct posture are but a few subjects that comprise an alternative school course developed to encourage students otherwise considered 'at risk' of becoming drop-outs. And the success rate, at least at Lagoa's Escola Basica 2/3 Jacinto Correia, speaks for itself.

Most national secondary schools offer alternative education courses, called 'CEF' - Courses of Education and Professional Training - which incorporate formal training in a specific trade with mainstream education. These include mechanics, electronics and plumbing, business studies, and, as in this case, bar tending. CEF courses are aimed at students who may otherwise have become alienated from basic education. At the end of the courses, and following examinations, stu-

dents are given a professional certification in their trade of choice, as well as 9th Year qualifications.

Aged between 15 and 18 the students for these courses are handicapped following interviews as places on the courses are limited. Their past grades and attitudes regarding school discipline and assiduity determine whether or not they are appropriate candidates for these courses; many previously demonstrated no interest whatsoever in learning or being at school. Some of the stu-

dents come from underprivileged backgrounds, have learning difficulties or disabilities, or were once troublesome pupils. Without these courses they would have been at risk of becoming excluded from the education system, generally leaving school at an early age without minimum qualifications. However, few schools can claim to be as well equipped as Lagoa's Escola Basica 2/3 Jacinto Correia, where one particular classroom has been totally transformed into a funky little bar to "reflect reality", courtesy of award-winning bar teacher, Professor José Mendes.

Professor Mendes is one of Portugal's leading experts in bar and hotel management, having travelled the world on panels of judges for international beverage and bar service competitions, having twice won the National Barman of the Year title himself.

He has been Bar Coordinator for the Algarve Hotel School since the late 60's, and throughout his amazing career, which spans nearly half a century, has achieved an extensive list of other superior qualifications and accomplishments.

Now in his sixth year at Jacinto



The funky little bar, converted from a classroom, once a week, to "reflect reality".

Correia Secondary School, Professor Mendes has become something of a 'guru' to his pupils and, along with course coordinator and head teacher Celia Rodrigues, has instigated many a change for the better.

In fact Lagoa's Jacinto Correia School is regarded by many as a regional pioneer for the numerous incentives it devises to encourage students on this course. These range from weekly newspaper articles and participating in exhibitions, to collaborating with the local City Hall in their formal functions. Once a week the classroom/bar opens its doors to parents, family, and friends, so students can enjoy hands-on experience for future employment. Food and drinks are prepared and served with as

much pomp and professionalism as one would expect from any first-rate establishment.

Other events, such as 'Coffee Breaks' and 'Cocktail Parties' are organized to provide even more experience - no alcohol included!

Spread over two years the course aims to train pupils in the art of bartending, which in the Algarve is a particularly relevant profession as it the country's (and indeed one of Europe's) most popular tourism destinations.

In the ongoing Barman's Course (which is divided into two years - year one being an initiation course, year two the continuation of year one) there are a total of 30 students. Of the 16 pupils who started the course in 2007 and are now in their final year, 14 are expected to finish it; a remarkable

success rate for students who would otherwise have been drop-outs.

"I am proud to say that, despite some of our students having been 'difficult', thanks to this course we have been able to motivate them and teach them to read and write and enjoy school and learning", said Celia Rodrigues.

"We are making the most of students because we work so closely with them, and for longer periods than during normal lessons, we become closer, almost like a family".

Professor Mendes is quick to agree. Well past retirement age, he has no intention of putting up his feet just yet.

"It is such a great pleasure to teach and see the transformation in these students", he says.



Course coordinator and head teacher Celia Rodrigues along with the well respected Professor Mendes from Jacinto Correia Secondary School.

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Response from TAP

SIR, Reply to Mr Massey from the Chairman of TAP Airline:

"Dear Mr. Massey (.....) I must say that I was quite surprised to know that you "never received a reply" and "the matter was never fully resolved".

According to our files, your first contact to TAP, (in January 2007), informing the incident with your wife at Schipol airport, was answered by e-mail through our Customer Relations Department "Talk to us", on 20th March 2007.

The answer to the complaints (...) usually takes some time (...) because there is serious investigation work, in order to authenticate all the situations that went wrong, before TAP gets in touch with passengers. However, I do apologize for it has not been possible to contact you earlier.

Later on, you addressed another letter, referring that you did not agree with the terms mentioned in our previous letter. As you may understand, the "Talk to us" Department has all the information needed to reply to our passengers, which is the most suitable entity to communicate directly to our passengers. Obviously, I take good notice of our passengers' remarks, but, once our Customer Relations Department initiates a primary contact they continue to do so. This time, you got an answer from TAP one week later.

On 22nd February 2008, you contacted TAP in order to obtain a declaration for insurance purposes, which TAP sent (...) (...) after TAP has received an inquiry

from the Portuguese Authority of Civil Aviation regarding the delay of TP 661, on February 16 (....) we, once again, sent you a reply by e-mail explaining the reason of this particular delay.

To finalize and according to the herewith above mentioned, I just can not understand why you insist you are "still waiting for a reply", as you stated on the Letters Page in The Portugal News.

FERNANDO PINTO, Chairman & CEO, TAP Portugal

I am sure Mr. Massey will take some comfort from the fact that his complaint has been noted and responded to by the Chairman of TAP, (through the Letters Page), and not simply ignored or dealt with by someone in the PR Department. Congratulations to Sr. Fernando Pinto for dealing with this personally. Ed.

Traffic regulations

SIR, I thought I should share some words of warning to fellow drivers in Portugal about a couple of illogical pieces of legislation that I have fallen foul of in recent weeks.

You are on a roundabout going straight on and you are on the inside lane, if the car in the outside lane (i.e. to your right) suddenly decides to go left - instead of right or straight on - and hits you as you are exiting the roundabout, you are to blame. Apparently

because you have changed lanes!

One evening last week my car broke down on a roundabout in the pouring rain, I knew it was due to the damp weather, and that given time it would start again eventually. I pushed it 50m so it was well clear of the roundabout and the crossing, and parked it as close to the kerb as possible, with the intention of returning the following day. There were no lines or signs indicating that parking was not allowed. It was towed away anyway.

When I went to the GNR to collect it and pay my fine I was informed that in Portugal if you are parked in such a way that cars have to cross the line in the mid-

ignored by the authorities.

So next time the government is supposedly concerned with the number of pedestrian casualties, as recently reported in The Portugal News, perhaps they might consider coming in to line with most other countries, where the road is for cars, and the pavement for pedestrians...

PERRY BARTLETT, Albufeira

"Hooray" - Mrs. Kay Cox

SIR, A frequent complaint in England concerns foreigners who move in hoping for a better lifestyle and spend most of their time trying to change it to suit themselves.

It seems that we have a few British determined to do the same in countries of their choice! Portugal is just one of them. The answer is the same for all 'foreigners'. If you do not approve, go back to your roots.

We feel fortunate to be spending so much time here, having loved Portugal since we visited Estoril and Sesimbra in 1969. Travelling around proves Utopia does not exist, but try and fit in with the locals, learn how to communicate and enjoy their food, little bars

and customs if you hope to survive. We have more friends and acquaintances here than we ever had in the village where we lived for 44 years, thanks to the Portuguese people.

Mrs. Cox is not alone - a lot of foreigners love Portugal, and appreciate it whenever they have had to return to their own country and see what has happened during their absence.

J.M. RICHARDSON (Mrs.), Palmela

Winter of Discontent

The air over Europe is clear and cold on my terrace the parasol is down flaps slightly like the sail on a becalmed caravel.

The pond near, the houses, is frozen solid, the sun has no power, but makes nature look like a pretty postcard.

As the pond, compassion is hard packed too, the ground I walk on is unyielding; this is the face of bitter unhappiness.

Amongst the voiceless olive trees a bird shrieks a warning and in the stillness that follows I hear drums of war.

J.O.H.

dle of the road in order to pass, you are causing an obstruction, whether there are lines or not is irrelevant. When I said, "What was I supposed to do, park on the pavement?" I was told "In Albufeira it is very difficult to prosecute for parking on the pavement". So that is why, in the summer, rows of cars parked on the pavement which then force pedestrians to walk in the road - some of whom are pushing children's buggies or wheelchairs - are

Re. Gerry McCann

SIR, How long have we got to suffer this man! Has he run out of cash already! We and lots of others do not believe his version of events!

JANET MASKELL, By e-mail

More problems with the Post Office

SIR, I have had no problems with the delivery of parcel post to date. However, I do have a problem with our local village P.O. as I speak no Portuguese and the woman who runs the P.O. speaks no English. I received a registered letter. Went to collect it. Was given the incorrect parcel. Did not notice until I reached home. Saw the parcel was incorrect and sent a note to the addressee telling him I had his parcel. Unbeknown to me, my registered letter from Russia, with lots of very unusual stamps on the cover, was discovered in the P.O. and the mistake realised. The person walked down to our house to collect the parcel and deliver my registered letter. The main stamp in the centre of the letter had been roughly removed. Spite! Vindictiveness! I did not make the mistake!

S. TOLLIN, Cascais area

Speeders

SIR, I think that the article about literally thousands of motorists detected driving at between 140 and 240 km/hr (!) on a stretch of the Algarve's A22. (The Portugal News, 20th Dec.) confirms that most drivers knowingly exceed speed limits. That, combined with driving less than a car length behind the car in front, irrespective of speed, explains how several vehicles travelling in the same direction can be involved in the most horrendous accidents. Unfortunately, although this 'information gathering exercise' has been going on for nearly a year no attempt appears to have been made to prosecute anyone.

Have a certain amount of sympathy for those who shout "Unfair!" when momentary inattention results in them being caught driving a few km/hr over the statutory limits, but none at all for the real speed merchants. Travelling at speeds in excess of 30km/hr faster than any given speed limit km/hr calls for increasingly heavy fines and lengthy driving bans. In excess of 200km/hr should attract a life ban along with confiscation or crushing of the vehicle.

I don't know why it hasn't occurred to the traffic police that catching similar maniacs on toll roads could be made quite easy. The time the ticket was issued is already printed on it. If the time the toll was paid was also recorded there is plenty of room for police to pull them over by the dozen as they exit the tollbooth - and there can be no argument about who was driving.

Also, I have read again the paragraph of my letter referring to Kay Cox' seardier comment urging expats to learn to live with, if not accept, local customs (I couldn't agree more) and still cannot see what was in it to prompt the spittle-flecked diatribe of 17th Jan. That her reply was written after 'a little drink' may be a clue and reminds me of the story of the class asked to write a short story with a moral to it.

Little Johnny chose to write about his macho Auntie Mary, who was a Sgt. in the Paras. Shot

down over enemy territory, she descended, clutching a machine gun, a machete and a bottle of Scotch. Fearing that it might get broken on landing she drank the whisky on the way down. Finding herself surrounded by a hundred enemy soldiers, she swiftly killed 68 with her gun, another 20 with her machete and the remainder with her bare hands. When the puzzled teacher asked what the moral of the story was, Johnny replied "Don't mess with my Auntie Mary when she's had a drink of course".

RON LAVERY, By e-mail

Ref. 'Harry's gaffe'

SIR, Mike Hentall's defence of Harry's use of the term 'Paki' misses the point by an apologist's mile. 'Paki' may be a shortening of Pakistani but the user rarely bothers to identify the specific nationality of the target, it is racist abuse aimed at anyone of an Asian or similar ethnic origin. Originally used by skinhead thugs aimed at Bengali economic immigrants as a threat of mindless aggressive behaviour it became an easy insult to be thrown at all 'foreigners' by those who thought they were being funny. As 'Brits' living abroad we of all people should be open minded and supportive of one world.

The use by the royal family members of the terms 'Sooty' and 'Paki' in the 21st Century illustrates how untouched they and their circle of contacts are from the real world. Has anyone actually heard an apology from the lips of Harry or do we just take as from the heart the PR release from 'the Palace'.

STEVE REED, Carvoeiro

Storks in The Algarve

SIR, It is a delight to see the storks perched on their nests: their arrival marks Springs arrival.

Ornithologists will have a local knowledge on the life cycle of these gangly legged birds whose ancestors once roamed as Dinosaurs. We would appreciate further information as to the history, the breed, the distances that they fly to arrive to breed in The Algarve region.

There has to be a reason why Storks are associated with the arrival of a new born baby, even maybe, Stork and margarine. Has anyone researched , published articles , that would allow us to have a better understanding?

PETER & DIANA, By e-mail

Christmas lights

SIR, This is our second overwinter stay in the Algarve, we felt the Portuguese were so friendly towards us, so we had to come back this year! May we via your newspaper congratulate all the councils for their lovely light displays for Christmas. Last year's were good, this year's were even better. From the small villages to Lagos and Portimão (the tree in the middle was brilliant!) Also New Year in Lagos was worth the trip just for the 20 to 25 minutes of fireworks alone.

Could we also thank the owner and staff of Turiscampo at Espiche for all their hard work and friendliness which makes our long journey to the Algarve worthwhile.

BRUCE & MARGARET, Freya (dog) & Jasper (cat), Luz

P.S. We've reserved a pitch for next winter.

369

Portuguese for all

Na lição de hoje vamos ler algumas opiniões sobre a questão "Devem os jovens trabalhar e estudar ao mesmo tempo?" Até à próxima lição, Emília Rosendo.

O que é que as pessoas pensam sobre os jovens trabalharem em part-time enquanto estudam? Aqui estão algumas opiniões:

⇒ Acho fantástico os jovens estudantes trabalharem. Em primeiro lugar, isso prepara-os para o futuro, contextualizando-os no mundo do trabalho que os aguarda um dia mais tarde. Em segundo lugar, podem ver como é ganhar e gastar o dinheiro que é o deles. **Rita**

⇒ Penso que os jovens não devem trabalhar mas sim concentrar-se o máximo possível nos seus estudos. A família deve garantir uma educação apropriada para os jovens terem um futuro mais risonho e estável. **Rui**

⇒ Cabe ao jovem a decisão de ter, ou não, um part-time e, ao mesmo tempo, estudar. Ninguém deverá proibí-lo da sua opção. Os jovens são capazes e determinados, podendo desenvolver um excelente trabalho. **Cristina**

⇒ Há pais que interferem na decisão dos jovens que querem trabalhar enquanto estudam, o que eu critico severamente. Os filhos não serão supostamente sempre dependentes dos seus pais, então estes devem criar desde cedo condições para que aqueles se tornem adultos responsáveis e autónomos. **Paulo**

⇒ Os jovens querem trabalhar só para comprar coisas caras e mostrar a todos que as têm. Isso dá-lhes uma sensação de superioridade, o que é censurável. **Ana**

Exercise: Verdadeiro ou Falso?

1. A Rita pensa que é vantajoso trabalhar e estudar ao mesmo tempo.
2. Segundo ela, os jovens devem guardar o dinheiro que recebem pelo seu trabalho.
3. O Rui concorda que estudar é muito mais importante do que trabalhar.
4. Segundo ele, um bom futuro depende dos estudos.
5. A Cristina acha que os jovens estudantes devem ser aconselhados antes de decidirem trabalhar.
6. Ela não confia nas capacidades de trabalho dos jovens.
7. O Paulo não aceita a intervenção dos pais quando o assunto é trabalhar e estudar simultaneamente.
8. Ele chama a atenção para o facto de os pais terem o dever de sustentar os seus filhos para sempre.
9. A Ana acha que os jovens trabalham só para promover a sua vaidade.
10. Ela parece ser uma jovem muito materialista.

SWISH, Obama and the Terrorists

President Obama's inauguration increases the likelihood of a major terrorist attack in the United States. That was the stark message of the South Waziristan Institute for Strategic Hermeneutics, a think tank that offers strategic advice to some of the leading players in global politics.

SWISH warned in its mid-December report to Obama's transition team that al-Qaeda "will attempt a 9/11-level attack, probably within the United States, at some point between now and mid-2010. If and when that happens, your country will require exceptional levels of political leadership if you are to avoid yet another misguided military response."

Unfortunately, the South Waziristan Institute for Strategic Hermeneutics only exists in the fertile brain of British academic and strategic analyst Paul Rogers, who publishes its reports on the website of Open Democracy. Moreover, the Obama transition team did not ask for this report, although one devoutly hopes that they read it. Because the prediction is quite serious, as is all of SWISH's work.

The SWISH phenomenon began as a one-man attempt to educate Western analysts in the thinking of their Islamist enemies. The reports mimicked the format used by consultants in the various Washington think-tanks that advise the US government and the Pentagon on strategic matters, but they came from the mythical South Waziristan Institute, which had supposedly been hired by the leadership of al-Qaeda to provide a similar service for them.

In its first report to al-Qaeda in 2004, SWISH advised bin Laden's planners that "the immediate requirement... is therefore to aid, in any way within the framework of your core values, the survival of the Bush administration." By invading Afghanistan and Iraq, by his policies of illegal detention, torture and rendition, and by his absurdly militaristic declaration of a "war on terror," Bush was doing exactly what al-Qaeda wanted.

So, the report continued, it could not recommend a further large terrorist attack on the United States, since its impact

on American public opinion was unpredictable. It might strengthen support for Bush in the November, 2004 election, but equally it might turn American public opinion against him. On balance, SWISH concluded, it was best not to risk an attack, since Bush was likely to win re-election anyway.

The third SWISH report to al-Qaeda, in 2006, brought the subject up again: "It is not possible to say what would be the political impact of another attack on the scale of, or larger than, 9/11. It could either produce a strong political reaction against the Bush administration, pointing to the futility of its current conduct in making America safe, or it could be used as a rallying-call for an even tougher response."

"No doubt your intention would be to encourage the latter, given that you do not want any kind of US disengagement from current policies. On balance we expect that this would be the effect, but we are not sure.... If you wish to commission further work in this respect we would be happy to oblige in association with our Washington office."

You may wonder what all of this has to do with reality. The answer is: a great deal more than most of what passed for political analysis in Washington over the past eight years. While your average Beltway bandit treated the al-Qaeda leaders as a bunch of "mad mullahs" driven only by unreasoning hatred, Paul Rogers assumed (quite correctly) that they were intelligent people with coherent long-term strategies.

In particular, he assumed that a primary purpose of the 9/11 attacks was to sucker the United States into invading Afghanistan (and, if possible, other Muslim countries), as that would radicalise Muslim populations and generate waves of recruits for bin Laden's organisation. Once Bush did that, he was al-Qaeda's man, and its main interest was keeping him in power. So, no more attacks on the US between September, 2001 and January, 2009.

This is not rocket science. Long-time readers of this column will recall that I have repeatedly predicted no further al-Qaeda attacks on the United States on exactly the same logic. Why would al-Qaeda risk a backlash against Bush when everything is going so well?

American analysts are very resistant to the notion that their country could be a pawn in somebody else's strategy, but gradually this perspective has been making headway. I shared a platform with former Homeland Security chief Tom Ridge a couple of years ago, and he was



President Barack Obama and first lady Michelle Obama attend the National Prayer Service at the Washington National Cathedral on the president's first day in office, Washington, DC, USA, 21 January 2009. Joining them are Vice President Joe Biden and Dr. Jill Biden, as well as Secretary of State Hillary Clinton and former President Bill Clinton. (Photo: epa/Martin H. Simon/pool/Lusa)

willing to concede that his success in "preventing" further al-Qaeda attacks after 9/11 might have been due to the fact that they weren't actually planning any.

But by the same token, Barack Obama's arrival in

power may make a new 9/11 desirable. While he is certainly not proposing a US military withdrawal from Afghanistan or even a complete troop withdrawal from Iraq, he seems less persuaded than Bush that invading and occupying Muslim coun-

tries is a good idea. Moreover, he intends to end the torture and abuse of (overwhelmingly Muslim) prisoners.

So if there is any way that al-Qaeda can organise a major attack on US soil in the coming twelve to eighteen months, they

will do it. These are not stupid people, and their main goal now must be to stampede the American public back into the fearful mind-set that allowed Bush to launch his wars in the first place, and hope that Obama will be swept along by it.

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Stress, stress, stress... and The Bowen Technique



The Bowen Technique won't change the world, but it will change you. Stress is a vicious circle that creates more and more problems the longer you leave it. Be it from lack of sleep, pains in your chest or abdomen, digestion problems, neck and shoulder problems, headaches or migraines; leave it long enough and you will get yourself worked up into such a state it will inevitably take longer to shake off.

Gareth Bullock, a qualified Bowen practitioner, is now helping many people with a wide range of issues, but the most common are usually related to stress and the knock on effects it causes.

Gareth says, "With what is going on in the world at the moment it is no wonder; we are all concerned about our jobs, mortgages, bills, pensions, large purchases and what to do next to secure ourselves. Treats seem extravagant, but our health and wellbeing have to be valued. It doesn't have to cost the earth to feel good."

The Bowen Technique is affordable and will help.

It is a gentle, non-invasive therapy and you do not need many to get you back to normal.

Sometimes even one treatment can get you there.

Very specific Bowen moves are made over the body and trigger impulses that stimulate the body's own ability to readjust and heal. While it may sound 'wishy washy', it is so true that it is now used in many forms of therapy.

Gareth says, "The Bowen Technique is just one type of treatment you could choose to help you. I have so many people who benefit from this treatment; all I want now is for everyone to experience feeling good again".

Some of Gareth's previous clients paid homage to his treatments, with testimonials including:

"I was 95% better after the



Gareth

first week and was sleeping 7 hours not 3. It is fantastic, thank you", Mrs L, East Algarve

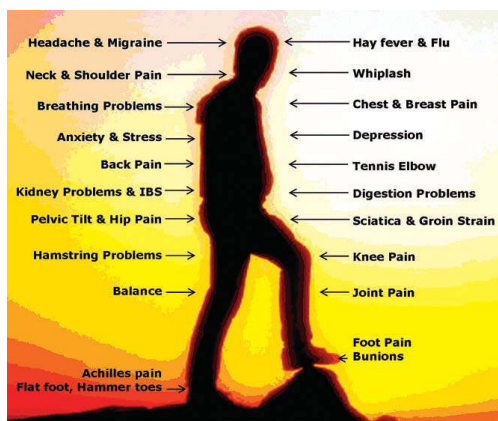
"Despite my initial scepticism of the Bowen Method of treatment I have to admit it has achieved results which I would not have thought possible three weeks ago", Mary, Central Algarve.

"My whole body has benefited, giving me a wonderful feeling of well being, an increase in my energy levels and most importantly the relief from constant back and hip pain. I will have no hesitation in recommending this type of treatment to anyone", John, East Algarve.

Gareth Bullock has clinics in Tavira, Olhão, Almancil and Vilamoura.

Please phone to discuss a treatment. Telephone: (+351) 912 540 071.

'Bowen works so your body can'.



A (Remax) Diamond is born



When the former Remax Lagos branch opted to disassociate itself from the brand three of its agents decided to open their own Remax franchise - Remax Diamond - to continue the good work and leading real estate expertise that are synonymous with the Remax name.

Award-winning estate agents João Nunes, Anica Kruijff and Lurdes Martins are the founders of the Lagos-based Remax Diamond, which is located near the BPN bank.

Their main goal is to give continuity to a project (Remax Lagos) that was initiated in 2000 and for which they have all worked since the very beginning.

Remax Diamond aims to continue working with a name that all three agents believe is a "national and international reference in the real estate market".

"From the moment the former franchise decided not to be associated with the Remax system it was a privilege not to be wasted", it was explained.

"We are going to continue an excellent service in buying and selling properties. We make people's dreams become possible, whether it is as an investment, as a second home, a family home, or a first step on the ladder", explained Lurdes.

She added, "We are grateful to those who introduced us to Remax and without them there

would not be this new project. If the previous Remax was still established we would still be with it".

The outstanding efforts that are made by the three Remax Diamond agents, are acknowledged by the number of awards they have won every year at national Remax Portugal conventions since the establishing of Remax in Lagos, is a guarantee for clients who are looking

to acquire services by these professionals, who for their honesty, availability, professionalism and training, are at the top of their league.

For more information contact João Nunes on: (+351) 917 771 849, or email: joao.s.nunes@gmail.com; Anica Kruijff on: 966 889 290, anica.lagos@gmail.com; or Lurdes Martins on: 967 449 203, lurdes.g.martins@gmail.com.



L-R: João Nunes, Lurdes Martins and Anica Kruijff.

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Swimming pool specialists Pure Pools will help you make the most of your pool all year round, with pool heaters, automatic and manual covers, pool safety fencing, and spas; all of the highest standard.

With over 16 years experience in the market, time has taught Pure Pools to choose only the best quality materials for their products, ensuring purchases are long lasting and have the desired effects.

Being specialists in pool heat-

ing and safety, Pure Pools have titanium heat pumps which provide constant heat due to the super efficient heat transfer technology they possess, transferring free heat from the outdoors to the swimming pool. The air defrost function ensures the

best system for your pool. Their customer service is also second to none.

In order to further lower energy consumption, maximize savings, and to protect the environment, Pure Pools always recommend installing a cover for a heated pool.

They supply a comprehensive range of bubble covers and automatic slat covers.

Another area where Pure Pools excels is safety fencing. With new laws soon to be implemented to increase safety around pools, it is time to think about installing a safety fencing system around your own.

The fencing consists of a strong 'securtex' mesh. It keeps children safely out of pools in the event of the carer being distracted but does not ruin the aesthetics as the mesh is 99% transparent.

The soft top edges also prevent children from climbing over the fencing, providing added safety.

Based in Lagos, just behind InterMarché, Pure Pools is open weekdays from 09h00 to 18h00 and their team of technicians are always on call, even over weekends.

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pool will stay warm, even on the coldest days. These high performance pumps have a low power consumption, ensuring your bills won't go through the roof. For every kilowatt of energy consumed, the titanium heat pumps dish out up to six kilowatts of heat into your pool water.

These pumps are easy to install and are designed to fit into your current pool's filtration system. With thousands of units sold since starting the business, you can rely on Pure Pool's professionalism and experience for

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 24 Jan 2009

PROPERTY OF THE WEEK

Cosy two bedroom townhouse in Praia da Luz



Located in the heart of Praia da Luz, this two bedroom townhouse is ideal for a holiday home as it is located close to the beach and is merely a two minute walk from the centre of the village.

Built in 2002, this quaint apartment is in a quiet neighbourhood of Praia da Luz, with views that extend all the way to the bay of the picturesque village.

It is a two bedroom, two bathroom, townhouse and has access to a communal pool, which

is shared between seven others. It is a very large pool area and attracts the sun all day.

The well maintained garden makes the whole area very inviting.

The house is split into two floors, with the living area upstairs and the bedrooms on the

ground floor.

The front door is on the ground floor, with stairs leading to the living area and a corridor which runs along the length of the house.

The first bedroom is on the right as one walks in. With twin beds and a walk in, mirrored, wardrobe, the room is of a good size.

The second bedroom is located at the end of the corridor, straight ahead of the front door. This room has a double bed and a walk in wardrobe as well; with patio doors that lead to the swimming pool area.

Both rooms share the downstairs bathroom, which has a large bathtub, basins, toilet and storage space.

Upstairs was chosen as the living area because it is there where the best view can be appreciated.

The terrace is big enough to place a table and has a lovely



view, from the swimming pool area all the way to the bay of Praia da Luz.

The lounge is of a good size and has an open fireplace to keep the house warm and dry during the cold winter season. Behind the lounge is the kitchen, which is equipped with all the necessary appliances.

There is also a terrace for the kitchen area, facing north. All windows and sliding doors have metallic shutters, protecting the house from possible intruders.

Between the kitchen and the lounge is a bathroom, cleverly placed so guests don't have to go downstairs.

Being relatively new, the house is impeccable and stays true to Portuguese tradition by using tiled floors throughout.

It is being sold fully furnished.

Having recently been drastically reduced in price, this house is a good investment opportunity at €195,000 o.n.o.

If you would like more infor-



mation on this property or others, please contact Algarve Easy Property on 282 769 150, email:

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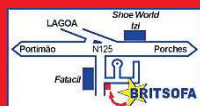
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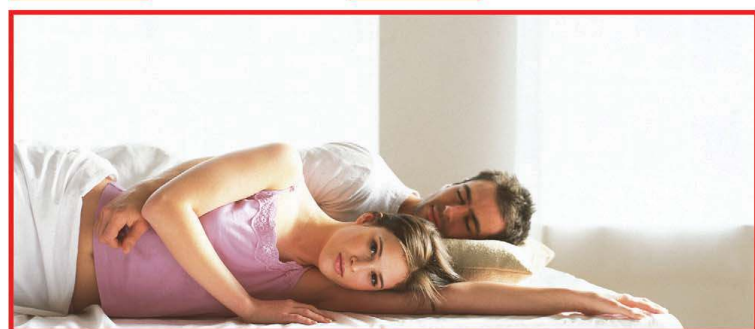


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AMI 2196**VILAMOURA – MILLENNIUM**
Ref. V82300Golfers Paradise. Quality & prestige. 5 bedroom modern architecture villa. 518sqm 1.612sqm plot. Top quality finishes A/C. Sauna. Furnished & equipped. Large basement. Double garage. Games room. Fabulous views of 16th Hole. Landscaped garden w/pool, jacuzzi and BBQ.

Price: € 2.500.000

**ALBUFEIRA - CENTRE**
Ref. A82259

Investment opportunity!!! One bedroom apartment. 80 sq.m. 5 minutes walk to the beach, the strip and the centre of Albufeira. Near all amenities. Furnished and equipped. Refurbished. South facing with panoramic views. Great letting potential.

Price: € 115.000

**VILA SOL**
Ref. A71798

Quality two bedroom apartment. 110 sq.m. Minutes walk to the Vila Sol Club House and Spa facilities. Lovely panoramic views. Large balcony facing the immaculate grounds and the 3 communal pools. Air conditioning. Fully fitted kitchen. Excellent letting potential.

Price: OFFERS OVER € 200.000

**VILAMOURA – OLD COURSE**
Ref. V71789

Single storey four bed villa. Approx. 400 sq.m. Basement transformed into a self contained two bed apartment with direct access to the garden and pool. 1.280 sq.m. plot. Garage. Near the Old Course. Furnished and equipped. Lot's of potential. Lovely panoramic views.

Price: €424.000 (NOW REDUCED)



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(Marginal) - 8800 Cabanas de Tavira
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Fax: 281 370 761
belosantospedras@hotmail.com
www.estealgarve.com**VILLA - MANTA ROTA**

3 bedroom villa, with 2 floors, garage, situated just a few mins from the sea /beach, 2 Kms from Vila Nova de Cacela village. With an area of 129,56m2 & uncovered area of 203,60m2. Swimming pool. Roof terrace w/ wonderful view of coast & hills.

Price: € 315.000

**COTTAGE -
NEIGHBOURHOOD TAVIRA**

Situated in the centre of the village, 3 kms from Tavira, this sweet 2+1 bedroom cottage has recently been lovingly restored in very good taste. Patio: 14m2. Pre-installation for air conditioning.

Price: € 175.000

**HOUSE - NEIGHBOURHOOD
QUINTA RIA GOLF**

Wonderful location within a few mins of 3 golf courses, 10 mins to Tavira, this 3 property enjoys lovely views of the countryside and sea. Garden - 472.10m2. Garage. This 3 bedroom house needs some modernising /tlc.

Price: € 320.000

**APARTMENT - CONCEIÇÃO /
TAVIRA**

2 bedroom apartment, built in 2006, within a small urbanisation with swimming pool. 3 Kms from Tavira. On the 2nd-floor. Parking space in the basement. Air conditioning. Terrace (10.97m2).

Price: € 169.000

**2 APARTMENTS - TAVIRA**

2 apartments, brand new. This very attractive building in centre of town has been recently built w/ traditional local characteristics, including all modern requirements such as A/C, fully fitted kitchens, parquet floors.

Price: Type T2 - €160.000;
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AMI 7557

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Casa Italiana, Loja 5,
8125-479 Vilamoura**Vilamoura**

4 Bedroom detached villa with private swimming pool located at the Old Village. The villa has been renovated and offers double glazing, new Kitchen & Bathrooms, Wood-Burning Fireplace and air-conditioning.

Price: € 520,000

**Vilamoura**

1 Bedroom luxury apartment located at the exclusive Hilton Hotel 'As Cascatas' complex in Vilamoura. The apartment offers air-conditioning, ultra-modern kitchen, bedroom and bathroom. 6 x Heated Swimming Pools, Tennis Courts, Gym, Bars, Restaurants and the largest Health Spa in Portugal!!

Price: € 480,000

**Vilamoura****"Exclusive to Silver Holidays"**
Beautiful 4/5 Bedroom / 4 Bathroom detached villa overlooking 'Pinhal' golf course. Beautifully renovated to a high standard and sold 'Fully Furnished' with large gardens of 1500m² and private swimming pool.

Price: € 795,000

**Vilamoura**

2 Bedroom / 2 Bathroom 'Fully Furnished' ground floor apartment located at the Old Village in Vilamoura. This lovely apartment has use of the 3 communal swimming pools.

Price: €245,000

**Vilamoura**3 Bedroom / 3 Bathroom detached villa with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a large basement suitable for a gym/cinema room or 4th Bedroom.

Price: € 575,000

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**Tavira**

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- Lovely views over river
- 3 bedrooms 2 bathrooms
- Large roof terrace
- 2 living rooms, fireplaces
- Aptm 245m² terr 102m²

Ref. A1194
Price: € 500.000**Tavira**

- New T2 & T3 apartments
- 2 & 3 bathrooms
- Close to town centre
- Communal pool
- Basement park & store
- Aptms: 76m² - 143m²

Ref. A1201
Price: € 250.000 - € 350.000**Santa Catarina**

- Restored cottage in hills
- Good country views
- 3 bedrooms 2 bathrooms
- Small plunge pool
- Garden, well, solar sys
- Cott 200m² Plot 3.000m²

Ref. C1204
Price: € 380.000**Bordeira**

- Beautiful villa
- Panoramic ocean views
- High quality throughout
- 3 bedrooms 3 bathrooms
- Pool 10m x 5m, terraces
- Villa 250m² plot 5740m²

Ref. V560
Price: € 1.250.000**São Brás de Alportel**

- Attractive villa
- Pool 8m x 4m & terrace
- 3 bedrooms 3 bathrooms
- Gas central heating
- Garden & country views
- Villa 200m² plot 1000m²

Ref. V1093
Price Reduced: € 295.000**VILAGENTE**SOCIEDADE DE MEDIAÇÃO
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Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com**Quarteira**

Spacious apartment composed of 3 bedrooms, 2 bathrooms, lounge with dining area, storage and 2 terraces (1 closed). Parking space in the garage. Located 5 mins from the beach. Construction area - 127 square metres.

Ref: A1283

Price: € 137,000

**Vilamoura**

Excellent apartment with sea and golf views composed of 2 bedrooms, 2 bathrooms, lounge, equipped kitchen and terraces. Storage and parking space in the basement. Furnished. Communal swimming pool and garden area. Construction area - 110 square metres.

Ref: A1251

Price: € 280,000

**Vilamoura**

Attractive villa composed of 3 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, storage and carport. Swimming pool and garden. Roof terrace. Furnished. Plot area - 423 square metres. Construction area - 140 square metres.

Ref: V12566

Price: € 380,000

**Vilamoura**

Villa situated in front of the gold course, composed of 4 bedrooms, 5 bathrooms, lounge with dining area and fireplace, equipped kitchen and terraces. Garage and storage. Swimming pool, garden and BBQ. Furnished. Plot area - 408 square metres plus green area.

Ref: V12603

Price: € 795,000



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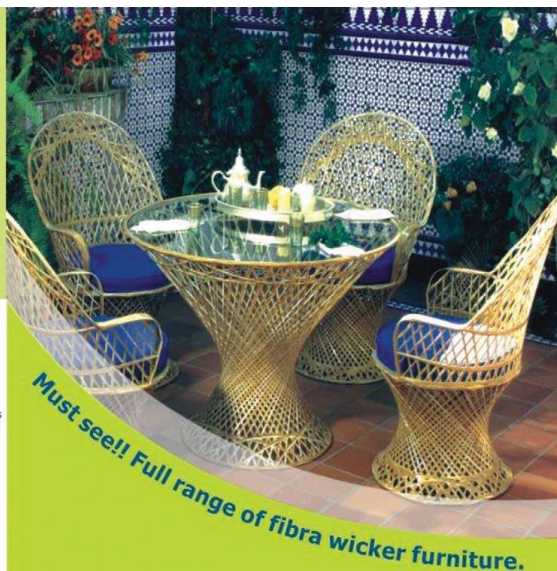
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Top tips for... glazing wooden doors and windows

- When working with glass, wear goggles, thick gloves and a strong pair of shoes or boots. Consider binding your wrists in case the glass cuts them and if a pane of glass breaks, don't attempt to catch it as it falls. If you have to use a ladder, take full safety precautions when positioning and working up it.

- Before you can fit a new piece of glass, you have to clean out the rebate (the opening). Wearing goggles and thick gloves, remove the old piece of glass very carefully with a hammer and chisel, then scrape out the putty with a hacking knife and pull out the panel pins with pliers. Finally, dust out the rebate with a brush.

- If your putty is very oily, wrap it in newspaper to soak up the oil. Don't apply putty to bare wood because the wood will suck the oil out, so use wood primer (a quick-drying one will speed up the process considerably) first. When you're ready to

use the putty, knead it into a workable condition by squeezing it for a few minutes. Apply the putty on the inside, pushing it roughly into the rebate with your finger and thumb.

- Put the piece of glass in the rebate and very carefully press it into place around the edges. Secure with panel pins, tapping them in gently with a hammer until they're flush with the glass.

- Fill the rebate on the outside with putty, applying it as before. Use a putty knife to smooth it off (keep dipping the knife in water for ease of use) and form neat joints at the corners. Remove any excess putty with the knife, then brush down with a dry brush. The putty should be allowed to dry before you decorate, so leave it at least a week, or longer at this time of year. When you do decorate, allow the paint to overlap onto the glass slightly to form a protective seal.

Ask the expert...

Q: I'm thinking of laying a real stone floor - should it be sealed before or after fitting?

A: As a general rule, it's easier to seal stone tiles first to avoid all the hard work of having to clean off the excess tile adhesive and grout, which tends to trap in the nooks and crannies on the surface of the stone. However, the stage at which you should seal stone differs from stone to stone, so check with the retailer of the stone or a good DIY book or website first.

Q: Should I glaze a door before or after hanging it?

A: It's safer to glaze the door after you've fitted it because it will be easier to handle once it's hung. The chance of breaking the glass is also less. Most pre-glazed doors contain toughened glass that will stand up to fitting and hanging, so you could always buy one of those.



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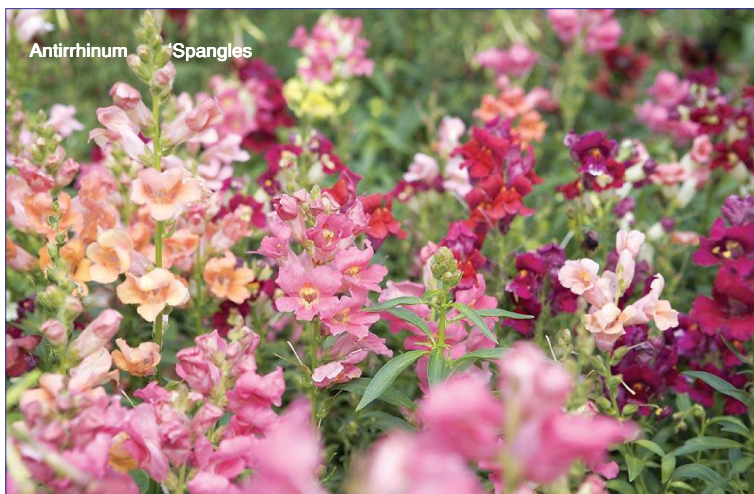
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New year, new flowers



Antirrhinum 'Spangles'

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Alan has presented television programmes for 20 years. He is a founder member of the Professional Gardener's Guild and spent the early part of his career as Head Gardener at British Stately homes. He lectures and judges the show gardens at the prestigious Sandringham Flower show. This course has both practical and classroom elements and is designed primarily for anyone with an interest in gardening but who would like to get more out of their hobby with an insight into how and why gardens have been created in the ways they have for centuries and how to design a garden today.

There is a practical visit to a 'garden to design' and then another to an established garden, as well as theory input. This is ideal for anyone wanting to create a new garden themselves or develop an existing one.

The course is open to local residents, as well as hotel guests.

Don't miss it, book now tel: 282 320260 or e-mail to info@hotelgarbe.com

With the New Year well and truly here, you may be considering which flowers to grow from seed to create a riot of colour in the months ahead - here are just a few of the new varieties you might like to try.

The seed catalogues all look so tempting, promising masses of blooms in a vast array of colours but what you need to know is whether they produce what they promise, long-lasting flowers which will withstand a host of pests and diseases, and our weather right through till autumn.

Friolina trailing pansies and

new collections of bacopas and calibracoas are sure to add pizzazz to your hanging baskets and containers, while Echinacea 'Dreamcoat' is the first coloured mixture from seed available to British gardeners through Mr Fothergill's (00 44 (0) 845 371 0518 / www.mr-fothergills.co.uk).

New varieties from Unwins (00 44 (0) 1480 443 395 / www.unwins.co.uk) include the long-stemmed Sweet Pea 'Lipstick', with gently ruffled blooms of vivid red, while themed collections of seeds are widely available.

Johnsons has introduced four varieties which are new to its First Year Flowering Perennials range for 2009, all of which will flower this summer from a January to March sowing. They include Foxglove 'Carillon', a dwarf (12in/30cm), primrose-yellow variety with large flowers, and Geum 'Cooky', which produces bright orange, single blooms from June to September, reaching 16in (40cm) in height (www.johnsons-seeds.com).

To see how a number of new varieties fared, Which? Gardening, the Consumers' Association magazine, trialled 34 new varieties last year, before they came on the market, revealing the results in its January issue.

Seeds were sown in spring 2008 in a heated greenhouse at the Association's trial gardens at Capel Manor College in north London. Young plants were hardened off in cold frames during May and planted out in June.

Overall winner was Rudbeckia 'Cappuccino', whose enormous

flowers were up to 24cm across. When many were planted together, they looked like a carpet of bronze, gold and chocolate brown.

Bursting into flower in July, these half-hardy perennials (grown as annuals) continued to flower well into November. See Dobies (www.dobies.co.uk/00 44 (0) 844 701 7625), Mr Fothergill's (www.mr-fothergills.co.uk/00 44 (0) 845 371 0518), Plants of Distinction (www.plantsofdistinction.co.uk/00 44 (0) 870 460 9445).

Other high performers included Marigold 'Double Mr Majestic', described by the magazine as a 'brilliant bedding plant' with dense foliage, strikingly uniform plants which produced hundreds of dazzling gold and maroon striped flowers (available from Thompson & Morgan, www.thompson-morgan.com/00 44 (0) 844 248 5383).

Lavender 'Spanish Eyes' also received the thumbs up in the

trial, producing a haze of sky blue flowers on long, elegant stems. It remained untouched by disease and flowered from July to September. It's available from Marshalls (www.marshalls-seeds.co.uk/00 44 (0) 1480 443 390), Nicky's Nursery, (www.nickys-nursery.co.uk/00 44 (0) 1843 600 972), Seeds by Size (www.seeds-by-size.co.uk/00 44 (0) 1442 251 458) and Unwins (00 44 (0) 1480 443 395 / www.unwinsdirect.co.uk).

Other flowering plants which received acclaim included Cosmos 'All Sorts Mixed', which featured picotees (different coloured edging) and plain flowers, singles and semi-doubles in shades of crimson, pink and white, Viola 'Chicky Chicks', a lovely mix of early and late flowering perennial varieties with pretty faces in blue, white, apricot, yellow, pink and purple, and Antirrhinum 'Spangles', selected to include early and late flowering types for a long display.

Which? Gardening is a subscription-only magazine published 10 times a year. For details on how to receive three issues for £3/£3.30, tel. 00 44 (0) 199 282 2800 or go online to: www.which.co.uk.

Hannah Stephenson



From field to fork... Swedes

Swedes, which are similar to turnips, are one of the few veg grown solely for winter use, perfect to sweeten up casseroles or mashed with or without carrot, and a good knob of butter and ground black pepper. They grow best in full sun in well-drained, moisture retentive soil with the addition of compost. In cold regions seeds can be sown directly into prepared soil in late spring, or in early summer in warmer spots.

Seedlings can be thinned in stages until they are 23cm (9in) apart. Weed regularly while the crop is growing and water every week in dry spells to stop the roots splitting. The roots can be harvested when they are big enough to use, which might be in late summer but could be much later on. They can be left in the ground and lifted as required, although some may become woody are better lifted for storage in early winter. Good varieties include Lizzy, which is particularly sweet, Melfort, a green topped variety with some resistance to cabbage root fly, and Best Of All, a purple-skinned, yellow-fleshed type which is reliable.



Friolina trailing pansies.

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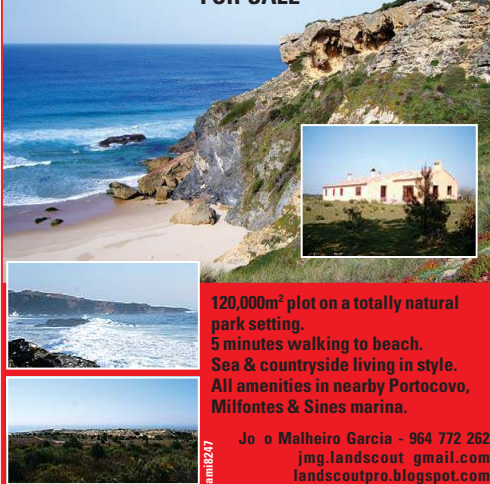
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A room featured in Urban Eco Chic by Oliver Heath,
published by Quadrille, £19.99 (€22.41). Available now.



Designer, Oliver Heath at his eco home in Brighton.

How to have a gorgeous green home

If Christmas excesses have left you yearning to be more eco-conscious take style advice from designer Oliver Heath on creating a 'green' home.

Oliver Heath's huffing, puffing and exasperated by the reported rush to buy up the last stocks of 100 watt bulbs before they're replaced by low energy alternatives.

Perhaps it's hardly surprising as this designer is renowned as an eco champion who not only lives what he preaches by having an uber-green home, but has a company providing eco-friendly products.

"The British typically are resistant to change, but I do think it's rather ridiculous that there's such a panic about this," he says.

"After all, low energy bulbs last around 10,000 hours compared to 1,000 hours of a traditional bulb, use an eighth of the energy, and save you money so it just makes straightforward sense to use them."

And Oliver, whose new book Urban Eco Chic is a practical guide to creating an eco home that's as beautiful as it is green, dismissively swats away criticisms that the light from eco bulbs is often dim and far from instant.

"People should source the most efficient, best value ones like I have," he says firmly.

"There's a huge variety around, and they're improving all the time."

The father of two young daughters is chatting at his new house in

Brighton, where eco bulbs are just part of an ambitious 'green plan' which will transform it into an inspiring eco sanctuary for his family.

"Since I've become a parent I've become even more conscious of the need to have a toxin-free living space and reduce my carbon footprint," Oliver says.

"Having children puts the whole thing into a very clear perspective."

So building work's currently under way at the 1960s four bedroom semi which he shares with partner Katie, a jewellery designer and daughters Lyla, two, and Ottilie, four months.

"My goal is to create a beautiful, inspiring living space with minimal environmental impact. Solar panels, a rainwater harvesting system on the roof, and the best energy-saving technology will be part of it," he says proudly.

More importantly for the rest of us, he believes a stylish, eco-friendly home is within everyone's reach.

"For most of us living in a new, purpose-built eco house will remain an unachievable dream, as 98% of the housing stock in the UK is existing period property - and much of it is creaky, leaky and draughty!"

"But there's no need to let that deter you from going eco as there's so much you can do to make where you already live better, whether it's a studio, flat, terrace or detached house."

While he might be fervent about those controversial bulbs, Oliver does not believe in sacrificing style at the altar of eco.

"Balance underpins the concept of urban eco chic," he explains.

"It's about three elements - technology to create clean, efficient spaces, natural materials to give grounding warmth and texture, and vintage elements to impart identity and soul."

"In this way you create liveable interiors that are as functional as they are good looking, as healthy as they are environmentally conscious."

He emphasises that re-using old things doesn't mean drab, shabby rooms.

"Why shouldn't we live like kings just because we respect the environment? Vintage items have the potential to add a touch of glamour to our lives, and they have the effect of taking the edge off a contemporary interior."

"All too often when I see eco homes I despair at a heavy-handed reliance on a single material, such as timber, which actually diminishes the design and detracts from the quality of the material," he sighs.

"A room completely panelled in wood with only wood furniture might be ecologically correct but it will be overpowering and unattractive. You literally 'won't be able to see the wood for the trees'!"

"Similarly overdoing on vintage can make a room look as though it's languishing in nostalgia. It's all about choosing carefully and selectively, and the same goes for materials."

His book could help the unwary avoid those pitfalls. It re-

freshly demystifies jargon and aims to be an easy-to-follow guide to incorporating eco-friendly technologies into homes, reducing the carbon footprint, as well as creating desirable rooms.

"My aim is to help people create homes that make other people simply go green with envy," he says with a smile, insisting there's no better time to embrace change.

"In an era of eco guilt, worries over debt, fears of terrorism and high levels of work stress, there's a need to create feel-good homes - a space that's as good to live in as it is for the environment."

"It's far more relaxing to sit back at the end of the day in the knowledge that your home is doing its bit - and saving you money too. Our homes are a model for the way in which we treat the planet, they're the universe in microcosm."

Oliver's home effects

• His bed is made from a futon base with sides clad in reclaimed timber floorboards for a soft, aged feel. The frame has concealed legs set back from the sides to give the impression the bed is floating. To enhance this the bed is underlit with a string of low-energy fairy lights.

• He suggests exploring different solutions for flooring - such as recycled rubber floors, bamboo planks or his own approach for a bathroom.

"The floor's covered in pebbles set in solvent-free resin," he explains.

"Tiles require a lot of energy to produce and there are toxins in the glazes."

• By fitting a simple domestic LED fibre optic lighting system into the ceiling above the bath he's created "the effect of a starry sky at night, soothing away the stresses of the day".

By Gabrielle Fagan

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Home sweet home

When money's tight you want to make every penny count and invest in homeware that won't go out of fashion in a season. We check out the top trends for 2009.

Home becomes an extra special place when we're feeling battered and bruised by the outside world.

There's nothing more comforting than a warm, comfortable refuge where we can take comfort from our surroundings and instantly relax.

So it's no surprise that all the trends for 2009 focus on designs and styles that will turn rooms into calm, peaceful spaces that will restore our spirits.

Designs for fabrics and furnishings are inspired by the countryside, using both its shape and its soft, rich colours and hues, which are well complemented by natural 'touch me' materials like wood, stone and leather, and beautiful fabrics such as silk, velvet and pure wool.

Your New Year resolution should be to create a 'Home Sweet Home'. In keeping with the disillusion with brash materialism, that means aiming for quality, craftsmanship and a 'less is more' approach.

It's preferable to take the time to choose one cushion you truly like and will cherish rather than splurging on six cheap ones on a whim, or saving for a hand-crafted piece that has 'a story' and brings personality to a room. Julie Miller-Sensini, head of home buying for House of Fraser, says the boutique look is going to be big in both interiors and fashion.

"This means an emphasis on an individual look rather than following the crowd," she says. "Luxury, femininity, and attention to detail will be the watchwords for 2009."

We've asked other experts for their top trends tips for the year.

Old & new

Variety is key, advises Fionnuala Johnston, design manager for B&Q.

She says traditional and contemporary styles can sit beside each other in today's rooms.

"A modern sideboard, maybe from the 70s, could contrast well

more period pieces or vice versa, an antique chest or table in a room that's bright spanking modern. There are no hard and fast rules any more - it's about creating rooms with pieces that you love," she says.

Colour's back, but because we're becoming more confident about using it, the trend is for sophisticated mixes. However, there's still a place for a vibrant piece to inject surprise into a room.

Her tip: "Cool neutrals are overtaking traditional warm neutrals, to bring a safe colour option up to date. So tones of grey will be key."

"Florals - from stylised graphic prints to hand-drawn and 18th century etched prints - are big news in 2009, with subtle colour palettes of soft lilac, deep mauves and others such as pinks, aubergine and petrol blues."

Elegance and romance

Cosy, romantic rooms with a dash of luxury will be the trendy mix for 2009, according to Judith Wilson, interiors writer and author of *The Vintage Home*.

"Aside from the vintage mixed look, there's definitely a mood towards grown-up, elegant manicured interiors with eye catching details like a sparkling chandelier or a maybe a stainless steel cocktail cabinet," she says.

"This is a modern take on 1930s elegance, but to ensure it doesn't look staid and dull it needs to include flashes of colour like yellow or hot pink, not just neutrals."

Her tip: Don't try too hard in rooms. It's better to opt for slightly shabby retro pieces, like a G-plan sofa or dining set than a hugely expensive designer piece. Avoid mass-produced accessories - look for organic, Fairtrade or handmade products instead.

Bring the outdoors in

Nature will be a key influence on our homes, predicts Mockie Harrison, design manager of John Lewis' home range.

"As an incurable gardener, all the natural influences that go into this season's hot trends are very close to my heart," she says.

"Delicate silhouettes of branches, leaves and insect motifs will play a major role in designs, and embossed fabrics and applique are in for a revival."

"But do also look out for soft rippling shapes reflecting the ocean - these will be seen in pattern, on wood grain and in sculptured items like bowls and vases."

Her tip: Greens - so popular last year - will take on a fresh yellow hue for spring. Raspberry and mint green paired together is a winning combination, while grey is the all-important neutral.

Eco friendly havens

Increasing awareness that the world's natural resources are dwindling will trigger even more of a trend for eco sensitive fabrics and materials, says James Charles, a member of the British Interior Design Association.

"This will transcend into furnishings that will exhibit a more natural look and feel. Raw materials will be mixed to create a contrast in texture and look, with stone, metal, wood and even concrete featuring heavily," he says.

"Glass will also be big, with ornate features inspired by classical design."

His tip: Beige, white and grey will form a base palette, with hints of gold, pastels, brights and berry colours.

Fly the flag

Celebrating British designers and products will be a marked trend, according to Nick Fox, director of Manchester-based furnishing store Housing Units.

"There's also a growing demand for home-grown design and styles - some people know they want to go for British-design, while others are just starting to recognise what fabulous talent we have in the interior market."

"The finest quality handmade furniture will be sought after and something like the Florence Sofa is a prime example of British quality and style."

His tip: Watch for a definite move away from leather and into fabrics, and a look that's "about understated luxury, relying on texture and quality to speak for itself".

Mirror & glitter

• Mirrors and metallics such as gold wallpaper will make our rooms look luxurious, according to Annie Deakin, acting editor at MyDeco.com.

"In these cash strapped times of 'don't move, improve' mirrors are a fantastic way of adding another dimension to a room to add light and the illusion of space," she says.

"Last year mirrors were the most sought-after home product, and we believe this trend will continue with a demand for mirrored furniture. Wallpaper in shiny, metallic finishes also adds dazzle to rooms."

Her tip: Traditional craft will boom, with one-off products, limited editions and art becoming essential in stylish rooms.

By Gabrielle Fagan



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A room from *The Vintage Home*, by Judith Wilson, published by Jacqui Small, £12.99 (14.50)

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A child having her tonsils examined.

Ask the expert

Q: "My seven-year-old daughter gets tonsillitis a lot, and glue ear. Does she need her tonsils out?"

A: Nikki Mills, ENT Fellow at Great Ormond Street Hospital for Children, says: "Your child's tonsils and adenoids help her to build up immunity and fight infection. They seem to grow during childhood and then shrink around the age of four. By the time she reaches adulthood, her adenoids and tonsils will have disappeared almost completely."

"This is because they're no longer needed, as her body will have other defence mechanisms to fight against infection."

"She may have larger than average tonsils and adenoids, which partially block her airway and make it difficult for her to breathe through her nose. As a result, she may breathe through her mouth and snore when asleep."

"There is also a link between large tonsils and adenoids and glue ear. This happens when the middle ear becomes blocked by a sticky substance which affects your child's hearing. Removing the adenoids can improve the function of the Eustachian tube, the small tube that connects the ear with the back of the nose."

"In many children, the tonsils become repeatedly infected with bacteria and viruses, which make them swell and become painful."

"If your child is having difficulties in breathing or has developed glue ear, it's probably better to have her tonsils and adenoids removed."

"However, if her problems are due to her tonsils and adenoids becoming infected, they often don't need to be removed. The decision to remove the tonsils and adenoids would depend on the frequency and severity of the infections, but the problem may improve with time, as her tonsils and adenoids shrink."

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Three ways to...

help kids stick to their New Year's resolutions

1. Help them devise a plan to meet each resolution.
2. Encourage them during any setbacks and help them get back on track.
3. Be a positive role model by showing them you're sticking to your resolutions.

Website of the Week:

moneyformums.co.uk

This site, run by Child Trust Fund providers Family Investments, helps parents plan and manage their finances when they're expecting, and then have, a new baby. It includes calculators to help create a budget, work out childcare costs or discover what benefits they're entitled to, plus rel-



A child not sharing her toy.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

In the UK a new road safety campaign has been launched after research showed that children want to know why, as well as how, to stay safe on the roads.

The latest THINK! road safety campaign, which is aimed at children aged six-11, was devised after Government research showed that today's children demand a more forthright approach to road safety messages, including an explanation of the reasons behind them.

The new advertising campaign - called 'The Girl who didn't Dress Bright in the Dark' - joins 'The Boy who didn't Stop, Look and Listen' in the Tales of the Road series to explain to children the dangers they can face on the roads.



A road safety symbol painted on the road.

Young people are to be encouraged to become mentors to each other, ministers have announced.

The Government has earmarked £720,000 (€811,564.19) for a new national peer mentoring programme.

The programme, which will be run in schools and colleges, will see youngsters being trained to listen to problems, offer support and advice and engage other young people in their community.

We all know that kids never listen to adults - perhaps they will listen to each other.

Olivia and Jack were the most popular baby names in Britain in 2008.

Olivia reclaimed the top spot from Grace after just twelve months, with Grace slipping into third place behind Ruby.

Jack, which has been top for 14 years since it took over from Thomas, retained its place despite stiff competition from Oliver.

Emily, Jessica, Sophie, Chloe, Lily, Mia and Lucy completed the top ten compiled from a national survey of babies born in 2008 by the parenting club Bounty.

Third among boys was Harry, followed by Charlie, Alfie, Thomas and Joshua, Daniel and James.

The study showed that younger mums are most obsessed with copying names of celebrities, while mums over 40 go for more traditional names such as William, Thomas, Joshua and Harry.

But the Bounty experts concluded that one celebrity baby name unlikely to make the top 10 is that of Ulrika Jonsson's fourth child - Malcolm.



Be clear about what you want from your teenager - don't say "I'd like you to..." or "Can you...?", but say "You will..."

When is my child ready... to share?

Asking a child to share before the age of three can lead to frustration because most children only engage in parallel play before this age and aren't developmentally ready to share possessions. For many toddlers, learning to

share is difficult as they're frightened they won't get their things back. Avoid punishing when a toddler doesn't share, and focus on teaching the basics of sharing - including taking turns.

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Island Café is situated at the entrance of Presa de Moura, in Sesmarias, near Carvoeiro and offers American casual dining in the relaxing atmosphere of their new, modern restaurant. The restaurant has an airy 'garden' feel, from the moment you pass the many plants on your way in, to the very large open windows leading onto the terrace. Your host Tony Trinder says his brilliant staff will serve up-market American food which is exceptionally good value. The wine list offers a very good selection and there is a separate children's menu. There are plans for live music twice a week during the winter and reservations are recommended.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even pre-

pare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thai Fried Rice. They are easy to find, on the Almacil road going to Vale do Lobo - look out for the fishpond in the front.

Seattle Style describes itself as an American Bar and Chowder House and is located on Alvor's harbour next to the Lifeboat Station, overlooking nothing but the river, fishing boats and sailing yachts. As well as traditional dishes from the U.S.A. they offer steaks, seafood, giant prawns and Tex Mex - served in typically American portions - inside or outside on their large terrace. Children are welcome and there is live music every night. The Bar has Sagres, John Smiths, and Fosters beers, and also Strongbow cider on tap, plus American cocktails and fresh fruit Margaritas are a house speciality. There are wheelchair facilities.

Restaurant guide

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Slim with mushrooms

Christmas has passed and it's time to rein in the over-indulgence. Find out how to lose weight with our simple and tasty mushroom diet.

My best friend once gave me a pair of knitted mushrooms, complete with presentation leaf, as a present. She bought them (of course) from a woman in Tokyo, Japan, who owned a shop en-

tirely dedicated to fabric fungi. "I love knitting mushrooms," she said proudly when quizzed about her obsession.

It's true, no other vegetable has captured the imagination



in a number of popular recipes, with

quite like the 'shroom; Lewis Carroll had Alice in Wonderland nibbling on a mushroom to alter her size, while Nintendo based Mario's best friend Toad on the iconic fly agaric.

Now, new research shows that mushrooms are also an effective diet aid.

The principle is simple: swap meat with mushrooms for four meals a week, and watch the weight slip away.

Despite being much lower in calories, mushrooms are still tasty and filling - so you won't be left hankering after sinful snacks later in the day.

The Mushroom Bureau have commissioned UK dietician Sarah Schenker to come up with a healthy eating plan based on swapping meat for mushrooms

a daily limit of 1550 calories a day. See www.mushroom-uk.com for more information.

"It's really not necessary to eat meat, especially red meat, every day of the week," says Sarah.

"Mushrooms make a fantastic low density meat substitute and can assist dieters without them having to radically change their eating patterns. They're also great value for money."

If you need any more persuasion, mushrooms contain virtually no salt, sugar or fat, are packed with five essential B vitamins and iron, and are extremely high in anti-oxidants.

Here are a couple of delicious recipes to help you find more room for fungi in your life.

By Sarah Marshall



Aldo Zilli's mixed mushroom risotto

What better way to demonstrate a mushroom's worth than with a risotto? Experiment with different flavours and textures for a gourmet treat.

Serves 4: 475 calories and 18g fat per portion

40g/1 1/2 oz butter

1 small onion, finely chopped

300g/1 1oz risotto rice

1 fresh sprig of rosemary, finely chopped

150ml/5fl oz dry white wine

1.25 litres/2 1/4 pints hot vegetable stock

30ml/2tbsp olive oil

350g/12oz mushrooms such as button, chestnut or closed cup

100g/3 1/2 oz 'exotic' mushrooms such as shiitake, oyster or buna-skimeji

salt and freshly ground black pepper

parmesan cheese to serve

45ml/3tbsp chopped fresh chives

Melt 25g/1oz of the butter in a large pan, add the onions and saute over a gentle heat for three minutes or until soft but not coloured. Stir in the rice and rosemary, then cook for two minutes, stirring to coat the grains in butter.

Add the wine, and cook, stirring, until it has been absorbed by the rice. Next add a ladle of hot stock, and cook, stirring occasionally until this has been absorbed. Repeat until you have just one ladle of stock left - this takes about 15 minutes.

Meanwhile, heat a frying pan, add the oil and add the button, crimini or closed cup mushrooms, saute over a high heat for five minutes or until pale golden. Stir in the remaining mushrooms and saute for two more minutes until they are browned. Set aside.

Add the last of the stock and the mushrooms to the rice and cook until most of the liquid has been absorbed. Stir in remaining butter and chives, then season to taste. Serve with parmesan cheese and extra freshly ground black pepper.

Moroccan mushrooms

This exotic dish is simple to prepare. The combination of chickpeas and mushrooms make it a satisfying feed.

Serves 4: 177 kcal and 9.4g fat per portion

30ml/2tbsp vegetable oil

1 red onion, sliced

450g/1lb mixed open and closed cup mushrooms

1 (400g) can chickpeas, drained

1 (400g) can chopped tomatoes

45ml/3tbsp harissa paste

grated zest and juice of 1 lemon

45ml/3tbsp chopped flat parsley

couscous to serve



Heat the oil in a large frying pan, add the onion and saute over a medium heat for four minutes. Add the mushrooms and saute for a further five minutes until the mushrooms are browned.

Stir in the chickpeas, tomatoes, harissa paste and lemon juice. Bring to the boil, cover and simmer for eight minutes. Remove the lid and season to taste.

Mix the lemon zest and parsley together. Serve the mushrooms with couscous and a scattering of the lemon and parsley.

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Woman having detox treatments.

Detox delights



Revitalise your face, hair and body for 2009 with a beauty detox.

Detoxing is undoubtedly the buzzword for January. No sooner have the champagne corks popped than it's time to embrace January 1 with Alka-Seltzers and detox gismos.

Nearly 75% of the population are believed to begin the New Year with good intention diets, including heavy-duty detox plans.

But for 2009 the annual super-cleanse has come in for some criticism. Detox has no meaning outside drug addiction or poisoning and the body is perfectly capable of looking after itself, according to scientists who conducted a recent study.

But let's face facts. Giving our skin and hair a much-needed beauty breather following a month of excess is surely a January blessing in disguise for the year ahead.

Glossy hair, glowing skin and a spring in your step, anyone? Let's show those science boffins just what a beauty detox can really do.

Body blitz

If you're feeling sluggish and bloated, join the January recovery club. Skip the two-minute shower and put a little TLC into your bathing and skincare routines. Pull out those summer cellulite potions and apply massaging the bottom and thighs to smooth out lumps and bumps.

Regular bathing is essential to detoxification as it helps to clean the skin of the toxins it has released as well as opening up the pores. Saunas can also help.

Expert tip: "Dry brushing of the skin is beneficial because it cleanses the skin of the old cells and invigorates the skin as well as increasing localised blood cir-

ulation which encourages removal of toxins from the body," says Shabir Daya, co-founder of www.victoriahealth.com.

Face freshener

Freezing weather, rich food and a bevy of festive tipples - it's a recipe for dry skin disaster. Break-outs and dry patches are all too common at this time of year so boost your usual cleansing routine with a mask and - shock horror - leave your face make-up free whenever you can to give your pores a break.

Expert tip: "It's especially important to keep your skin hydrated right now," advises make-up artist Bobbi Brown.

"The excess toxins (from all of that food and drink) deplete your skin of vitamin C, so you need to put the moisture back into the skin. Drink plenty of water and herbal tea, and use a hydrating face cream to refresh and plump the skin."

Hair rehab

We're all guilty of piling on the hair products during the festive season. Hairspray, serums and backcombing may have resulted in a New Year bird's nest style so give your hair the equivalent of a workout with a detox.

Expert tip: "Constant styling and product build up can leave your hair feeling dull, heavy and lack lustre. A detox shampoo is great for deep cleansing to help rid the hair of excess residual build-up - especially following the party season," says Sacha Mascolo-Tarback, global creative director at Toni&Guy.

"Use once a week to leave the hair feeling really clean, revitalised, and full of life."

By Lisa Haynes

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

				2		8	3	
				7	3		6	
9								2
						7	2	
		1	5		8	9		
	5	6						
7								1
	8		6	5				
	2	9		8				

Last weeks solution:

6	4	1	9	3	8	7	2	5
9	7	3	4	2	5	8	1	6
5	8	2	1	6	7	3	4	9
3	6	8	2	5	4	1	9	7
4	9	5	8	7	1	2	6	3
1	2	7	3	9	6	5	8	4
8	5	9	7	4	2	6	3	1
2	3	6	5	1	9	4	7	8
7	1	4	6	8	3	9	5	2

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

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CONTINENTE

60 Lojas Stores **6** Cinemas **12** Restaurants

Sweaty Betty Karma Pant and Hatha hoodie

Step up in style

Turn your gym trip into a fashion show with some stylish new togs.



Uh oh, pulled out your gym bag to discover mouldy socks and too-tight shorts? It's time to give your 2009 fitness regime a serious kick-start with some stylish togs.

New fitness gear can provide the motivation you need to pound the pavements, hit the pool or tackle the gym with gusto.

What's more, sporty style is having a moment on the catwalks too. Gucci, Chloe and Preen all showed off sexy

sportswear-inspired pieces in their spring/summer collections.

Proving her designer sportswear is practical as well as stylish, Stella McCartney also enlisted the help of Olympics Team GB to model her new S/S09 collection for Adidas.

Whatever your activity, whether you want to shed the post-Christmas calories or keep up with the hottest catwalk looks, sportswear is where it's at.

Emma Matthews, womenswear buyer for JD Sports, says comfort is key.

"To make the most of your money try and buy outfits that are multi-functional and can be used for a number of activities.

"A versatile kick flare is a good investment and you can always update your outfit with a less costly new tank."

Here's how to pick up the fashion pace for New Year in sporty chic.

party animal/couch potato to gym junkie. Brighten up monotonous cardio and weights routines with zingy citrus or jewel-like shades to inject some positivity into your workout.

"A good workout tank that has inner support is a must for gym bods - all Nike and Adidas tanks include such features," Emma says.

Pilates people

You don't have to break into an unsightly sweat to tone up. Make like Madonna and Gwyneth and fashion your body into some serious yoga or Pilates

poses in unrestrictive styles.

"Longer length hoodies and slimmer leg kick flares make ideal and fashionable outfits for yoga and Pilates fans," says Emma.

"Excellent running tights and loose-fitting vests are good buys for runners," Emma says.

"Moisture wicking materials are essential."

Swim sisters

Water babies, take heart. You don't have to slog it out on dry land to keep in trim. While it's still chilly, nip to an indoor pool and swim some stylish lengths in a slinky new costume.

This season, opt for a flattering dark base colour with flashes of sorbet or neon shades to stay bang on trend.

By Lisa Haynes

Runner beans

Love the feeling of fresh air on your face? Don't let the cold weather put you off pounding the streets. Techno fibres will keep chills at bay for outdoor running. Don't forget the fun factor - Nike's new S/S range features leopard print fabrics and retro themed running shorts.

Gym bunnies

January's the time when we all suddenly transform from



Sweaty Betty darter jacket and Storm Chaser leggings.



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Get fit with some clever kit

Now the Christmas and New year feeding frenzy is over and you'll be looking at your trainers with a sense of dread. But with a little planning, you could make those New Year health resolutions a little more manageable.

The Trixter XDream bike



EXERCISE BIKE

To the uninitiated, the Xdream doesn't look too different from your typical static bike, apart from a small screen in front of you. Do not be fooled, this is a killer. The bike simulates a mountain biking 'racing' experience and allows you to choose 400 different programmes, which take place on terrains ranging from an arid desert to densely forested highlands.

So if the 'race' follows a muddy track uphill, then you're going to feel some tough resistance when you peddle. It's similar to following a computer game, and you do find yourself ab-

sorbed in the race, which keeps boredom levels at bay and increases motivation.

Plus, to move to the next level, you have to win the race (and as your performance improves so does the performance of the other 'virtual competitors'), which means even if you're ready to drop you don't want to give in, as your efforts will have been for nothing.

VERDICT: It claims that you can burn up to 55% more calories than on a standard bike. Expect to sweat and feel the burn with this one!

The Xdream costs £5,999/€6,480 from Harrods in the UK

or direct from 00 44 (0)844 979 4567/www.x-biking.com or www.xdreamfitness.com.

::THE WATERROWER

The rowing machine is a piece of gym equipment I've always been happy to avoid (although I come from Cambridge where you can't move for men with oars). What is the attraction? They're jerky, unsatisfying and hard to sit down on with dignity.

Which is why I was surprised to find myself sitting in the middle of John Lewis, expressing squeals of delight at The WaterRower. This smooth, beautifully designed machine is a joy to use. As you pull the handle, the sound of rushing water in the connected drum transports you to a virtual river.

In terms of toning and fat burn-

ing, experts say that the rowing machine is more effective than running or a bike. And for the first time, as my body entered into a full arm, leg and tummy workout, I began to understand why.

VERDICT: All that could be added to this gorgeous wooden gym enhancement is the sound of an angry cox screaming instructions. It's a terrific all-round fitness tool. Available at selected John Lewis stores in the UK (00 44 (0)8456 049 049/www.johnlewis.co.uk), priced £970/€1,050.

::IJOYRIDE

Although it claims to simulate horseback riding, I think the iJoyride crosses over into far more exciting territory.

Sitting on the saddle-style seat of this pretend horse, the ener-

Fitness equipment has come a long way since wobbly exercise bikes and plastic multi-gyms. Beautifully designed equipment, fun workout programmes and quirky gadgets are flying off the

shelves this year. So to get your heart rate up, check out these fantastic products, then you can burn off those calories piled on over the festive season.

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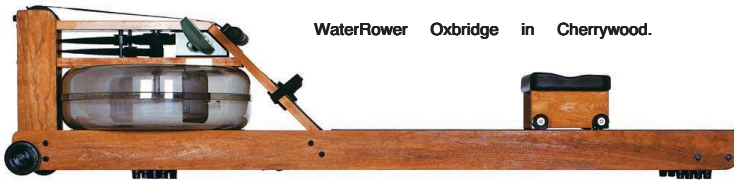
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WaterRower Oxbridge in Cherrywood.

getic jiggling of the small machine inevitably makes you rather hot under the collar.

The makers of the iJoyride claim that this horse riding exerciser will tone up your core muscles, inner thighs and buttocks.

But while sitting on this vibrating stool is certainly good for a pelvic wiggle, I doubt any form of exercise that involves sitting down can make a dramatic improvement to your physique.

VERDICT: This machine is more likely to improve your love life than trim your waist, but it's great fun. Available at selected John Lewis stores in the UK (00 44 (0)8456 049 049/www.johnlewis.co.uk), priced £399/€430.

•HUMAN TOUCHBOARD

I can water ski, paraglide and use a pedalo. But one thing I've never been able to master is surfing. The Human Touchboard offers all the toning benefits of this water sport without having to leave the house.

While I stand and look at the raised platform suspiciously, my instructor says to me: 'This is a machine for people who don't really want to exercise'. And sud-

denly I'm hopping on, enthusiastically.

But contrary to his cynicism, I can genuinely feel some benefits. Pitching, rolling and yawning, the board is intended to simulate the same actions used in surfing, snowboarding and skateboarding. As the board begins to jostle under foot and I try to keep my balance, I can feel my thighs tensing and my buttock muscles improving to your physique.

Pressing the button again, the rocking motion becomes stronger and unconsciously I spread out my arms and begin frowning with concentration. I think I'm hooked.

VERDICT: Although I doubt an exercise regime based solely around this machine would undo any deep mince pie damage, it'd certainly be a fun addition to an active lifestyle. Available at selected John Lewis stores in the UK (00 44 (0)8456 049 049/www.johnlewis.co.uk), priced £399/€430.

•WATER WORX

This new German multi-gym is a far cry from those flimsy, grey plastic affairs that tend to grace

the fitness catalogues.

Made entirely from leather and wood, it looks more like a gorgeous, climbing frame for adults.

Instead of a stack of weights, this machine uses a cylinder of water to provide resistance. While this may not be suitable for

body builders, those of us looking to tone up (while pretending to be at a gym on the side of an alpine ski resort), will love the design.

Unfortunately, despite its versatility - the movable structure will help you do everything from stomach crunches to tricep curls - you might need a muscled young German fitness instructor to help you lift the heavy parts.

VERDICT: Beautiful to look at, but slightly impractical. Perfect if you have a strong butler and view of the mountains. Available at selected John Lewis stores in the UK (00 44 (0)8456 049 049/www.johnlewis.co.uk), priced

£2,150 (includes delivery and installation in the UK)/€2,325.

•AB COMPACTOR

It's cheaper than gym membership and can be done sitting down, which gives the Ab Compactor a head start before you've even broken out in a sweat.

For something that looks like a cross between a pogo stick and a small vacuum cleaner it does a surprisingly good job of toning the stomach.

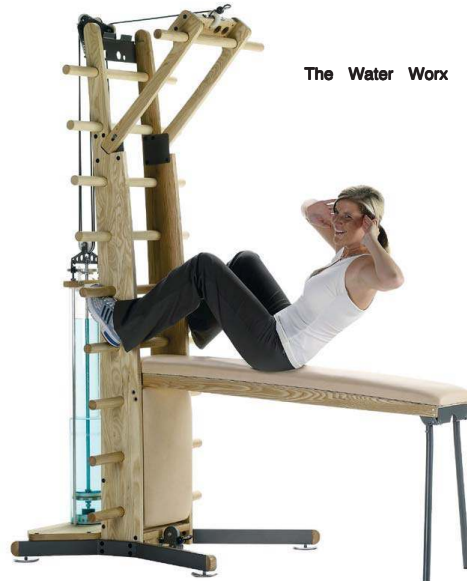
The machine itself is fairly rudimentary, which is what you would expect for the price. But you can adjust the resistance settings if you fancy a harder workout or for once you get used

to the lower strengths.

There are also a variety of positions you can use the Ab Compactor in so you can either exercise all of the stomach or focus in on particular problem areas such as the obliques.

VERDICT: The Ab Compactor isn't going to turn anyone into an all-over Adonis but it makes a real difference to the stomach which is one of the trickiest areas to tone up - and all this while you're sitting in front of the television. Available at Argos stores in the UK or at: www.argos.co.uk, priced £14.99/€16.20.

Sarah O'Meara



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Taking the reins in peaceful



Show jumping at The Westin CampoReal Golf Resort & Spa.

Portugal has a strong equestrian tradition dating back to long before Roman times. Lusitanos are considered to be one of the world's most admired breeds.

Some of the country's up-and-coming riders are pupils at the stables, which can house up to 60 horses and are set in glorious vineyards some 30 minutes drive from Lisbon. There are no riding school nags here, and the school will cater for any level of rider, including the disabled.

However, it was always a fair bet that 'Boneco' would cope with the demands of a novice rider. The centre features an indoor school, show jumping arena and access to some stunning Portuguese countryside. Competition in the horse world is fierce in this part of Portugal, never more so than in June when immaculately-turned out riders and horses meet in the nearby town Cascais for the international festival of the Lusitano.

Galope! Galope! Came the cry in Portuguese from the side-

lines, as I gripped the reins and willed my horse, the laidback Boneco, into some sort of action.

After months of riding lessons at home I had failed to go faster than a brisk trot, and was hoping that an equestrian break in Portugal would get me out of the slow lane.

It worked. The journey may have been brief, but I was determined to savour the moment as Boneco broke into an impressive canter.

My partner in crime was an exquisite eight-year-old Lusitano horse, one of many highly trained animals at the stables run by former international eventer Miguel Athayde and his wife Cuca.

At my regular stables back in rural Berkshire, I'd battled for weeks with a stubborn beast, so riding Boneco was like being up-

graded from economy to first class.

Given that Lusitanos - one of the world's most admired breeds - have been bred for war and bull-fighting it was always a fair bet that Boneco would cope with the demands of this particular novice rider.

My teacher Mario promised that Boneco displayed "a good temperament, gentle movements and a great generosity," and was always eager to please his rider. I'd found my perfect match.

Both horse and rider are handled with unstinting care at the equestrian centre. First up I was put on the lunge lead so that Mario could see I had the confidence and balance to ride unassisted in the arena. Once my heels were pointing in the right

direction and hands relocated somewhere near the horse I was ready for action.

Lusitanos may be renowned for their dressage skills, but in this case Boneco's abilities to spin on a sixpence and stop in an instant were surplus to requirements. An ability to decipher the confused signals from above were more important. For me, it was obvious, the canter pirouettes would have to wait.

Some of the country's up-and-coming riders are pupils at the stables, which can house up to 60 horses and are set in glorious vineyards some 30 minutes drive from Lisbon.

The recently-opened Westin CampoReal - one of two five-star resorts in this region of Portugal - is next door, and the two outfits have gone into partnership to offer equestrian breaks.

Given the luxury accommodation at the hotel - there are also self catering apartments in the grounds - it was only to be expected that the horses would be of the five-star variety. There were no riding school nags here, and the school will cater for any level of rider, including the disabled.

The residents don't want for much in the well-appointed stable yard, where rosettes and certificates adorn the walls for triumphs in dressage, show jump-

ing and other disciplines.

The centre features an indoor school, show jumping arena and access to some stunning Portuguese countryside.

Competition in the horse world is fierce in this part of Portugal, never more so than in June when immaculately-turned out riders and horses meet in the nearby town Cascais for the international festival of the Lusitano.

There are plenty of other things to do, at both the hotel and in the surrounding area. After my first two hours in the saddle, I gave Boneco some carrots and headed back to the hotel for a massage at the spa and some authentic Portuguese cooking.

At Grande Escolha, the plushiest of the Westin's three restaurants, the menu is made up entirely of locally-sourced dishes. As well as traditional Portuguese fare such as locally-cured cod fish, there were some surprises in black pudding from the Beira region and fig cheese from the Algarve.

The same applied to the wine list, where the local grape varieties made for a pleasant change to the usual choices of home. Given that the west is Portugal's largest wine producing area, and Torres Vedras its first wine producing region, locals see this area as their version of Tuscany.



A lesson taking place in the outdoor schooling paddock.

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Portugal

The newly-opened Westin hotel has quickly settled into its stride, alongside the existing 6,000 yard golf course, designed by renowned golf architect Donald Steel. Guests have access to fitness studio, 30-metre pool, saunas, steam room and hairdressing salon, tennis courts and a kids' club in season.

The Silver coast may not be

the first port of call for the majority of British tourists, but those who do venture from the Mediterranean will discover a different side to Portugal.

The Atlantic coast has always been popular with surfers, but until recently a lack of investment meant many of the historic villages, vineyards and rolling hills remained hidden from

view. A new motorway link has changed that, although in the post-Algarve era developments here are strictly controlled.

The jewel in the crown is the walled medieval town of Obidos, about 30 minutes drive from the hotel, with its narrow cobblestone streets and white-washed houses with terracotta roofs.

The shops are piled high with local handicrafts, while in the spring geraniums, morning glories and bougainvillea light up the streets. And how many towns boast their own chocolate fair, held each February with a different theme every year to inspire chocolatiers into creating mouth-watering displays?



The infinity swimming pool (above) of the luxurious Westin CampoReal Golf Resort & Spa in Turcifal, and one of the three dining rooms on offer.



Grooming is all part of the experience.

In spite of the luxury of the hotel, and the beauty of Obidos, it was the riding which made my weekend. It had been the intention to explore some of the surrounding area on horseback, but due to a rainy day it was back to the indoor school to finish the second part of my riding mission.

This time I was also given an example of how it should be done, with riders as young as seven faultlessly tackling their jumps. Clearly I still had some catching up to do. But I left inspired and keen to get back in the saddle again on my return home.

TRAVEL FACTS

∴ Graeme Evans was a guest of The Westin CampoReal Golf Resort & Spa in Turcifal which offers four-day riding packages based on two people sharing a one bedroom apartment. (Please check current prices.)

Package includes three nights' B&B in apartment or townhouse, two riding lessons per day, lunch or dinner and full access to hotel facilities.

The hotel can arrange single transfers from Lisbon from £60/65. Local taxis at airport may be cheaper.

Hotel information: 00800 325

95959 or at www.westin.com/camporeal.

∴ TAP Portugal has six daily flights into Lisbon from Gatwick and Heathrow from £107/£116 return. Regional departures to

Lisbon include Manchester and Glasgow from £253/£273.

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Graeme Evans

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The Alpha course

Ever wondered what it's all about?

Over 11 million people worldwide have now attended an Alpha course, an opportunity to explore the meaning of life, running into tens of thousands of churches of all denominations across the world.

And now Tavira Christian Centre is running a course, presenting everyone in the Algarve with the opportunity to explore the Christian faith in a relaxed setting over ten thought-provoking weekly sessions.

Commencing on: Friday 13th February 2009 at 19:00 with the Alpha Supper and introductory DVD presentation.

You are warmly invited to attend the supper and to bring a friend. We'd love to meet you, and, whether or not you decide to follow up by attending the course, it should be an enjoyable evening in a relaxed atmosphere.

Who is it for?

The Alpha course is designed primarily for people who aren't churchgoers and each course is open to everyone who would like to attend.

The supper takes place in someone's home and is an opportunity for people to get to know each other and to decide whether the course is for them.

People attend for a wide variety of reasons - some want to investigate whether God exists, others may have attended church occasionally but feel they have never really understood the basics of the Christian faith. People come from many different backgrounds and hold many different viewpoints.

Please Contact : Jackie Tel 281322857 E-mail jackieandmo@yahoo.co.uk or Steve Tel 917872665 E-mail spainst@gmail.com alpha.org

Bowls Algarve

One to one car hire league

Another fascinating day's play, with no team able to really impose themselves on the league title with any real authority. League leaders ABC Cats travelled to Alvor to play the Greens and were soundly beaten 64-35 and seven points to nil. PDF Sinners took on the Wanderers and belied their league position with an impressive 60-53 victory and all seven points. Tavira Titans entertained the Harlequins and won a very tight encounter by 49-45, although Harlequins took four points to the Titans three. Finally the Gladiators beat the Tigers at Alvor by 54-39, and by five points to two.

The league table still shows the Cats on top with 44 points,

but they are being closed down by several teams. Gladiators move into second on 40 points and Harlequins stay in touch also on 40. Greens continue their march up the table and now have 39 points, whilst Tavira Tigers have 36 and the Wanderers remain on 30, level with the Titans. Crusaders did not play and stay on 28 points, the Sinners meanwhile improve to 19 points.

The Thursday league was washed out this week at Alvor and these matches will be rearranged. Meanwhile the Cameron Cup Double fours is reaching the final stages and the Inter Club championships are boiling up nicely at the quarter final stages. More on these competitions shortly.

Alan Clarke
League Director

St. Patrick's Society monthly charity walk

The January walk will start from the O Lateral restaurant Benagil at 10.30 on Saturday Jan 31st. This is a 2 hour cliff top walk with great views with lunch to follow. The restaurant

is at the top of the hill to the east of the village, with parking in front. Dogs welcome, sensible shoes please.

Contact Ian Scott on 282 792506 or (m) 963859334.

East Algarve Walks



Every Tuesday & Friday mornings.

For more information

Call 913 595 868 .

brian@moonlightservices.eu

www.moonlightservices.eu

Let's walkthrough almond blossom

Wednesday January 28th

A stunning walk of almost 3 hours along the limestone ridges and through the valley awash with almond trees

10.30am start - meet at the cafe Nave in the village of Nave do Barao. Exit the A22 at Boliqueime and follow the signs for Loulé. After the quarry turn left and follow the signs for the Alte Hotel. You drive 8km to pass through Alto Fica and then there is a turn to the right to Nave do Barao - the cafe is on the right and there is a carpark.



...from Meia Praia

Saturday January 31st

A relatively easy 2 hour walk with great views over the Alvor estuary before dropping down to walk back along the beach

10.30am start - meet at the beach car parks, Meia Praia. Leave the A22 at Mx Grande / Odiaxere exit and follow the

signs for Odiaxere, in the centre of the town turn left and follow signs for Palmares golf. After passing the club house the road drops down and you turn right, follow the road to the roundabout and go left where you will see the carpark and bars.

There is no need to book please just come along with some water and a sense of humour, there is a charge of €5 per walk.
Walk organiser: Julie Statham 965 753 033

Muddy Cogs Bike Ride

Every Saturday at 12.45pm at Bikeland on the 125 (1km west of Quatro Estradas roundabout, west of Al Mancil). Depart at 1pm prompt.

Weekly tours vary from 10km to 25km.

€5 per person/week (pay as you go, no joining fee).

Bike hire available.

Contact Paul Beesley to book and additional info including rules on 913 226 954 or paul.beesley@sapo.pt



Climbing in Portugal

Climbing is one of those sports which requires lots of concentration, calm, body control, balance and, quick movements for each obstacle.

So, it is good for body and physical health.

We normally climb with some young scouts in Lisbon areas: Cascais, Sintra or Montejunto.

We take consideration when climbing with children and beginners. Imparting some of our experience to parents who are afraid of their children climbing. We teach the advantages of this sport for children's physical being and how it can improve their confidence.

Remember: in some countries, climbing is the standard gymnastic practice at school.

Our website contains information on material needed and the costs involved and although the initial outlay may seem daunting remember that equipment is yours and has only to be bought once!

For the experienced climbers we have a map of good climbing locations throughout Portugal. Are you looking for new places to climb during the holidays and just need to have a good reason to travel?

Go to www.ct4bb.com/ escalada and click on the English page

Are you a member of an association or group that deserves mention? Then this is your opportunity to tell the nation all about it; find new members, or maybe even start your own!

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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April to September - after 4:30pm
October - after 4pm

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PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - 220120214 - Av. da Boavista, 604-610
www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase

CASCAIS

DAILY

Cascais Cultural Centre • Concerts, shows, exhibitions, & other events. • shops, coffee shop & terrace • Open: 10h00-18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

DAILY

Sea Museum - Rei D. Carlos • Rua Júlio Pereira da Mello in Cascais • 214825400

ESTORIL

Casino Estoril - Shows, games, concerts, lots of entertainment and Art Gallery - Info.estoril@estoril-sol.com 214667700 - 214825400

LISBON

UNTIL JANUARY 31

Photo Exhibition 'Luanda, 34 years later' by M. Margarida Pereira-Müller at Forte São João das Maílas, waterfront avenue, in Santo Amaro de Oeiras near Lisbon

JANUARY 31

St. Andrew's Society of Lisbon BURNS' SUPPER (250th Anniversary) - Quinta de Santo António in MALVEIRA DA SERRA (near Lisbon) - 19h30/20h00 - Tickets: €35/person - For more information, please contact: Chieftain, David Wilkie on 963 700 929; Secretary, Theresa Adams on 912 306 353 or email: adams@sapo.pt

FEBRUARY 6 & 7

Giselle - Coliseu dos Recreios - Lisbon - 21h30 - Tickets: €20-€35 - 213 240 580 - Info. below

FEBRUARY 15

Oasis Live 'Dig Out Your Soul' - Atlantic Pavilion - 20h00 - 707 780 000

www.the-news.net

NORTH

of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

UNTIL FEB 21

Exhibition 'Strange Garden' by Fabrica - Dama Afrita Art Gallery on Rua da Picaria, N84

GUIMARÃES

JAN 24-APR 11

Exhibition MV/C+V at Palácio Flor - Centro Cultural Vila Flor on Avenida D. Afonso Henriques, 701 - 253 424 700

CENTRE

DAILY

Shows at Arena Lounge at Casino Lisboa - A rotating stage with multiple platforms that allows a progressive view of the surrounding spaces - Casino Lisboa - bar and café service and finger foods combine in a "chilled-out" musical environment interspersed with choreographic and acrobatic interventions - Multimedia presentations displayed on a giant screen of 200 square metres - Casino Lisboa is situated on Alameda dos Oceanos at Park of Nations - T. 218 929 000 - **PROGRAMME:** STOMP - Until 15 February Viva La Vida - Frida Kahlo 18 February to 15 March Blue Man Group Debut: 19 March

SINTRA

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alqueirão Velho, Fitares and Meleças • 219164303 Fax: 21 923 6150

DAILY

Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500- geral@cm-sintra.pt

ALMANCIL

UNTIL FEBRUARY 19

Collective Exhibition 'Artistas da Galeria' - Centro Cultural São Lourenço - Info. www.centrocultural.saolourenco.com

FARO

JANUARY 24

Performance of the Play 'The President' - Teatro Lethes - 21h30 - 289 888 100 - teatromunicipaldeparo.pt

UNTIL JANUARY 27

Paintings by Fernando Silvestre - Conservatório Regional do Algarve - Mon-Fri: 9h to 21h; Sat: 10h to 12h.3; Closed Sundays - 289 873 115

JANUARY 31

Dino & The Soulmotion - Me and Mine - Teatro das Figuras - 21h30 - €10 - 289 888 100 - teatromunicipaldeparo.pt

LAGOA

DAILY

Quinta dos Vales - Wine and art - Art sales on Mon, Wed & Sat from 14h-18h or by appointment - Quinta dos Vales, Agricultura e Turismo, S.A., Sítio dos Vales, Caixa P. 112, 8400-031 Estombar (near Lagoa) - Phone: (+351) 282 431 036 - Telefax: (+351) 282 431 189 - www.quintadosvales.eu

LAGOS

JANUARY 27

Concert by Lagos Jazz Orchestra - Centro Cultural de Lagos - 21h30 - 282 770 450

DAILY

Visit Casa Fogaça and see how the caravels were built, and what was the food they ate on board - Access to Casa Fogaça is through the Municipal Market on the Avenida and from Rua Dr. Faria e Silva - Tuesday to Sunday from 10h00 to 18h00 - 282 780 060

LOULÉ

JANUARY 24

Música.com (Concerts with commentary) from Schubert to Cole Porter - Ceremonial Hall at the Town Hall - 16h30 - 289 400 600

PADERNE

FEBRUARY 7

Corte Real Gallery Home & Garden re-opening - Mobile Phone: 912 737 762 / 918 980 199 - Gallery Open Tuesday through Sunday 11am to 5pm - galeria@corterealarte.com - www.corterealarte.com

PORTIMÃO

UNTIL FEBRUARY 13

Photo Exhibition 'Enjoy the Silence' by Pedro Noel da Luz - EMARP-Empresa Municipal de Águas e Resíduos de Portimão - Working days: From 8h30 to 17h00 - Rua José António Marques, 17 - T. 282 400 260 - www.emarp.pt

www.the-news.net

SOUTH

QUERENÇA

JANUARY 25

Festa das Chouriças (Sausage Festival) - 14h30 - In honour of São Luis de Querença - Querença celebrates the traditional festival beginning with a mass at Nossa Senhora da Assunção Church followed by a procession accompanied by a band being the highlight and the auction of sausages and gifts.

SÃO BRÁS DE ALPORTEL

UNTIL 31 JANUARY

The Lagos-Jazz-Orchestra will be playing at The Amigos Jazz Club of the São Brás Museum from 5 O'clock onwards - The big-band consists of 18 musicians (including singers) conducted by the famous jazz-trumpet-player Hugo Alves - Music from the early twenties, via the swing period of Sammy Nestico to the most recent styles of Thad Jones and contemporaries - Don't miss this "once-in-a-life-time" opportunity and come early to get a seat for this fabulous concert - Contribution to costs is, €12 Clubs (€10 for Friends)

FEBRUARY 2 & 3

Mountain Fair - Parque Norberto Nobre - 289 840 000

SILVES

JANUARY 24

'Burns Supper' organised by St. Andrews Society of Algarve - Ponte Romana Restaurant - 19h00 - Tickets are limited please contact Kathy T. 919635246

JANUARY 24

Concert at 22h00 by Amar - Guitarists João Cuña, Luis Fialho, Marco Martins and Tiago Régo - Café Inglês on the steps of the Castle - Tel: 282 442 585 - www.amarguitarra.com

JANUARY 25

Concert at 15h00 by Zé Manel Martins - Afro Latin Quarteto - Café Inglês on the steps of the Castle - 282 442 585 - www.myspace.com/zemanelmartins

TAVIRA

UNTIL JUNE 27

Exhibition 'Tavira: Heritage of the Sea' - Palácio da Galeria - Tavira Municipal Museum - Tuesday to Saturday: 10h00-12h30; 14h00-17h30 (Closed Sundays, Mondays and public holidays - 281 320 500

HIGHLIGHT

Sculpture Exhibition in Lagoa
Until February 25th the Lagoa Art School will be hosting an exhibition of sculptures in its gallery, made by the students of the school's art and sculpture teacher, Willem Snejders.
The Lagoa Art School is one of few schools in Portugal to teach the art of sculpture. Teacher, Dutchman and long-term resident Willem Snejders, a former art teacher, has decades' experience and for the past four years has been giving lessons at the Art School.
The students' works show sculptures in their various phases of completion. Made from clay, acrylic, breeze-block, reclaimed timber and stone, amongst other materials, the works demonstrate the process of creating a sculpture, showcasing from flaws to polished perfection; the creation of three-dimensional objects using various techniques.
The Lagoa Art School is open Monday - Friday, 09h00 - 12h30 and 14h00 - 17h30.
Closed Saturdays, Sundays and holidays.
There are still free places on all courses. The sculpture course takes place for four hours, every Monday morning. For more information call: (+351) 282 380 462, or see website: www.cm-lagoa.pt.

BOOK REVIEW

Summer Times in the Algarve
An anthology consisting of 20 short stories, memoirs and poems, collected and edited by Lisa Selvidge.
Whether you are a resident or a visitor to the Algarve, this pleasant book takes you on a journey from the East to the West of the Algarve, including the unknown hinterland, letting you see this intriguing most southern part of Portugal through the eyes of compelled writers who observe thoroughly and know how to create moods. Every writer adds a different view, another aspect to the multi-coloured kaleidoscope the Algarve represents. A lovely way to learn about history, customs, landscapes, the people and the language.
The fitting illustrations by Willy Russell add to the impressions of one of Europe's best kept secrets.
Barbara Fellgiebel, founder of ALFA - the association of literature and film friends in the Algarve
www.alfacultura.com - Tel. 917 602 607
Summer Times in the Algarve is published by Montanha Books, RRP €12. Available from bookshops and other outlets throughout the Algarve, including The Owl Story Bookshop, Lagos, Booklovers' Choice, Manta Rota, Hotel Garbe, Armazém de Péra, Lura dos Livros, Tavira and the library in Monchique.
There will be readings from *Summer Times* on Monday Feb 2 at the São José convent in Lagoa at 7.30pm. Cost €5.

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324



ALGARVE

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22 JAN-28 JAN

1

Transporter3
Jason Statham, Natalya Rudakova
14.20-16.50-19.20 (21.50 except Wed)
(00.30 Fri & Sat)

Frost/Nixon

Frank Langella, Michael Sheen
21.50 Wed
<Aud>2

Changeling

Angelina Jolie, John Malkovich
15.20-18.20-21.20 (00.20 Fri & Sat)
Madagascar: Escape 2 Africa
Animation PV
(10.00-12.10 Sat & Sun)

3

Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
14.40-16.50-19.00-21.10

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
(23.30 Fri & Sat)

The Tale of Despereaux

Animation PV
(10.10-12.25 Sat & Sun)

4

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
14.10-17.35-21.00

Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
(00.35 Fri & Sat)

Bolt

Animation OV
(10.00-12.05 Sat & Sun)

5

Frost/Nixon

Frank Langella, Michael Sheen
13.25-16.00-18.50 (21.30 except Wed)
(00.10 Fri & Sat)

6

Defiance

Daniel Craig, Liev Schreiber
12.45-15.35-18.25-21.15 (00.05 Fri & Sat)

7

Seven Pounds

Will Smith, Rosario Dawson
13.30-16.10-19.00-21.40 (00.20 Fri & Sat)

8

Australia

Nicole Kidman, Hugh Jackman
15.10-21.15

Twilight

Kristen Stewart, Robert Pattinson
18.35 (00.35 Fri & Sat)

Bolt

Animation PV
(10.50 Sat & Sun) 13.00

9

Amália, o Filme

Sandra Barata Belo, Carla Chambel
(11.05 Sat & Sun) 13.55-19.10

Yes Man

Jim Carrey, Zoëy Deschanel
16.45-22.10 (00.30 Fri & Sat)

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22 JAN-28 JAN

Yes Man

Jim Carrey, Zoëy Deschanel
15.30-18.30-21.30

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22 JAN-28 JAN

1

Changeling

Angelina Jolie, John Malkovich
13.00-15.50-18.35-21.25 (00.15 Fri & Sat)

2

Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
13.40-16.10-18.40-21.45 (23.50 Fri & Sat)

3

Madagascar: Escape 2 Africa

Animation PV
13.05

Australia

Nicole Kidman, Hugh Jackman
16.40-21.00 (00.05 Fri & Sat)

4

Seven Pounds

Will Smith, Rosario Dawson
13.20-16.15-18.50-21.35 (00.00 Fri & Sat)

5

Bolt

Animation PV
13.50-16.05

Yes Man

Jim Carrey, Zoëy Deschanel
18.25-21.15

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
(23.40 Fri & Sat)

6

Frost/Nixon

Frank Langella, Michael Sheen
13.30-16.20-19.00-21.40 (00.10 Fri & Sat)

7

Defiance

Daniel Craig, Liev Schreiber
13.10-16.00-18.55-21.50 (00.20 Fri & Sat)

8

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
13.40-16.30-18.30-21.30

9

Transporter3

Jason Statham, Natalya Rudakova
13.25-16.25-18.30-21.10 (23.30 Fri & Sat)

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22 JAN-28 JAN

1

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
13.10-16.40-21.30

2

Transporter3

Jason Statham, Natalya Rudakova
13.40-16.10-18.40-21.20

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
(23.45 Fri & Sat)

3

Australia

Nicole Kidman, Hugh Jackman
13.20-16.30-21.00

4

The Tale of Despereaux

Animation PV
13.15-15.50

Gomorra

Toni Servillo, Gianfelice Imparato
18.20-21.10 (00.00 Fri & Sat)

5

Seven Pounds

Will Smith, Rosario Dawson
13.30-16.00-18.30-21.40 (00.10 Fri & Sat)

6

Bangkok Dangerous

Nicolas Cage, James With
13.50-16.20-18.50-21.50 (00.20 Fri & Sat)

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The Curious Case of Benjamin Button

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Yes Man

Jim Carrey, Zoëy Deschanel

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Jason Statham, Natalya Rudakova
The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
O Contrato

Claudia Vieira, Pedro Lima
How to lose Friends and Alienate People

Simon Pegg, Kirsten Dunst
Twilight

Kristen Stewart, Robert Pattinson
Australia

Nicole Kidman, Hugh Jackman

Amália, o Filme

Sandra Barata Belo, Carla Chambel
The Tale of Despereaux

Animation PV

The Day the Earth Stood Still

Keanu Reeves, Jennifer Connelly
Yes Man

Jim Carrey, Zoëy Deschanel
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LUSOMUNDO
ALVALÁXIA
TEL: 21 754 9000
22 JAN-28 JAN

Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
Defiance

Daniel Craig, Liev Schreiber
The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett

Transporter3
Jason Statham, Natalya Rudakova

Seven Pounds
Will Smith, Rosario Dawson

Changeling
Angelina Jolie, John Malkovich

Amália, o Filme
Sandra Barata Belo, Carla Chambel

RocknRolla
Gerard Butler, Jeremy Piven

How to lose Friends and Alienate People
Simon Pegg, Kirsten Dunst

Australia
Nicole Kidman, Hugh Jackman

Yes Man
Jim Carrey, Zoëy Deschanel

The Tale of Despereaux
Animation PV

The Women
Annette Bening, Eva Mendes

Bolt
Animation 3D PV

LUSOMUNDO
AMOREIRAS
TEL: 707 246362
22 JAN-28 JAN

Frost/Nixon

Frank Langella, Michael Sheen
Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
O Contrato

Claudia Vieira, Pedro Lima
The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
Changeling

Angelina Jolie, John Malkovich
The Tale of Despereaux

Animation PV
Seven Pounds

Will Smith, Rosario Dawson
Australia

Nicole Kidman, Hugh Jackman

LUSOMUNDO
CASCAISHOPPING
TEL: 707 246362
22 JAN-28 JAN

Frost/Nixon

Frank Langella, Michael Sheen
Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
Bolt

Animation PV

O Contrato
Claudia Vieira, Pedro Lima

Australia

Nicole Kidman, Hugh Jackman
Changeling

Angelina Jolie, John Malkovich
Seven Pounds

Will Smith, Rosario Dawson
The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
The Tale of Despereaux

Animation PV

LUSOMUNDO
COLOMBO
TEL: 707 246362
22 JAN-28 JAN

Warlords

Jet Li, Takeshi Kaneshiro
Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
The Day the Earth Stood Still

Keanu Reeves, Jennifer Connelly
Seven Pounds

Will Smith, Rosario Dawson
The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett

Transporter3

Jason Statham, Natalya Rudakova
Changeling

Angelina Jolie, John Malkovich
The Tale of Despereaux

Animation PV

Australia

Nicole Kidman, Hugh Jackman
Yes Man

Jim Carrey, Zoëy Deschanel
O Contrato

Claudia Vieira, Pedro Lima

LUSOMUNDO
DOLCE VITA MIRAFLORES
TEL: 707 246362
22 JAN-28 JAN

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
Australia

Nicole Kidman, Hugh Jackman
Bolt

Animation PV

The Women

Annette Bening, Eva Mendes
Yes Man

Jim Carrey, Zoëy Deschanel

UCI CINEMAS
EL CORTE INGLÉS
TEL: 707 23 22 21
22 JAN-28 JAN

Frost/Nixon

Frank Langella, Michael Sheen
Warlords

Jet Li, Takeshi Kaneshiro
Vicky Cristina Barcelona

Penelope Cruz, Scarlett Johansson
Defiance

Daniel Craig, Liev Schreiber
Amália, o Filme

Sandra Barata Belo, Carla Chambel
Body of Lies

Leonardo DiCaprio, Russell Crowe
The Tale of Despereaux

Animation PV
The Women

Annette Bening, Eva Mendes
Yes Man

Jim Carrey, Zoëy Deschanel
Seven Pounds

Will Smith, Rosario Dawson
Bolt

Animation 3D PV

Die Welle

Jürgen Vogel, Frederick Lau
Entre les Murs

François Bégaudeau
RocknRolla

Gerard Butler, Jeremy Piven
The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
Faubourg 36

Gérard Jugnot, Kad Merad
Caos Calmo

Nanni Moretti, Valeria Golino
Changeling

Angelina Jolie, John Malkovich
Australia

Nicole Kidman, Hugh Jackman

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362
22 JAN-28 JAN

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
O Contrato

Claudia Vieira, Pedro Lima
Bolt

Animation 3D PV

Yes Man

Jim Carrey, Zoëy Deschanel
Seven Pounds

Will Smith, Rosario Dawson
Changeling

Angelina Jolie, John Malkovich
The Tale of Despereaux

Animation PV

Defiance

Daniel Craig, Liev Schreiber

UCI CINEMAS
FREEPORT
TEL: 707 23 22 21
22 JAN-28 JAN

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
Caos Calmo

Nanni Moretti, Valeria Golino

OV = Original Version
PV = Portuguese Version

Seven Pounds

Will Smith, Rosario Dawson
Yes Man

Jim Carrey, Zoëy Deschanel
Transporter3

Jason Statham, Natalya Rudakova
Australia

Nicole Kidman, Hugh Jackman
Madagascar: Escape 2 Africa

Animation PV
Amália, o Filme

Sandra Barata Belo, Carla Chambel
The Tale of Despereaux

Animation PV
RocknRolla

Gerard Butler, Jeremy Piven

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
22 JAN-28 JAN

The Curious Case of Benjamin Button

Brad Pitt, Cate Blanchett
Amália, o Filme

Sandra Barata Belo, Carla Chambel
Australia

Nicole Kidman, Hugh Jackman
Transporter3

Jason Statham, Natalya Rudakova
Bolt

Animation PV
Twilight

Kristen Stewart, Robert Pattinson
Defiance

Daniel Craig, Liev Schreiber
Seven Pounds

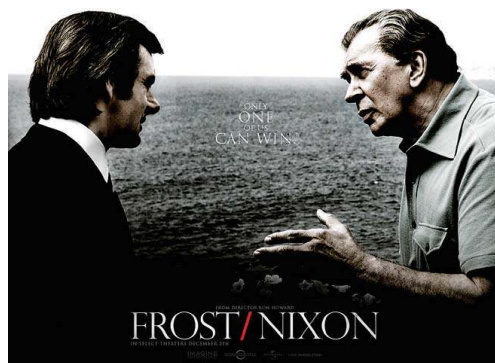
Will Smith, Rosario Dawson

LUSOMUNDO
OEIRAS PARQUE
TEL: 707 246362
22 JAN-28 JAN

Frost/Nixon

Frank Langella, Michael Sheen
The Curious Case of Benjamin Button

Oscar-winning director Ron Howard brings to the screen writer Peter Morgan's (*The Queen*, *The Last King of Scotland*) electrifying battle between Richard Nixon, the disgraced president with a legacy to save, and David Frost, a jet-setting television personality with a name to make, in the untold story of the historic encounter that changed both: *Frost/Nixon*. Reprising their roles from Morgan's stage play are Frank Langella, who won a Tony for his portrayal of Nixon, and Michael Sheen, who fully inhabited the part of Frost onstage in London and New York. Joining Langella and Sheen as the colourful real-life personalities who provide the men counsel is a formidable roster of actors including Kevin Bacon, Oliver Platt, Sam Rockwell, Toby Jones and Matthew Macfadyen.



For three years after being forced from office, Nixon remained silent. But in summer 1977, the steely, cunning former commander-in-chief agreed to sit for one all-inclusive interview to confront the questions of his time in office and the Watergate scandal that ended his presidency. Nixon surprised everyone in selecting Frost as his televised confessor, intending to

easily outfox the breezy British showman and secure a place in the hearts and minds of Americans. Likewise, Frost's team harboured doubts about their boss' ability to hold his own. But as cameras rolled, a charged battle of wits resulted. Would Nixon evade questions of his role in one of the nation's greatest disgraces? Or would Frost confound critics and bravely de-

mand accountability from the man who'd built a career out of stonewalling? Over the course of their encounter, each man would reveal his own insecurities, ego and reserves of dignity - ultimately setting aside posturing in a stunning display of unvarnished truth. *Frost/Nixon* not only re-creates the on-air in-

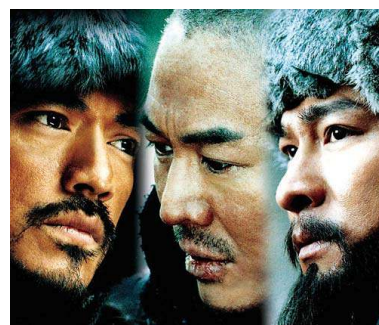
terview, but the weeks of around-the-world, behind-the-scenes manoeuvring between the two men and their camps as negotiations were struck, deals were made and secrets revealed...all leading to the moment when they would sit facing one another in the court of public opinion.



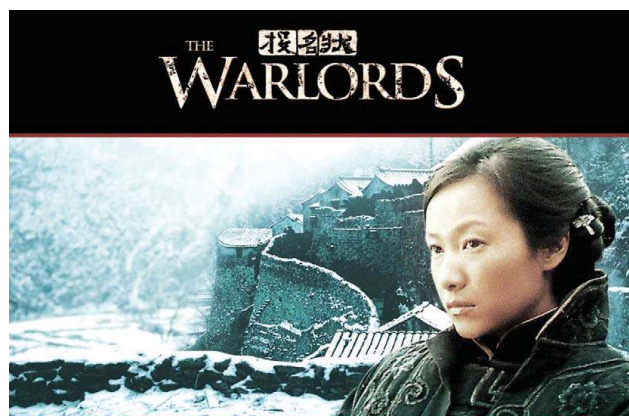
Love, politics and loyalty threaten to tear apart three soldiers in this lavish historical epic from Hong Kong. In 1870, the power of the corrupt Qing Dynasty has been threatened by the rise of a revolutionary army, led by religious fanatics, and civil war is tearing the nation apart. Pang Qingyun (Jet Li), a good man who finds himself fighting for the Qing leadership, is one of the only survivors of a bloody battle between revolutionaries and Qing troops, and is looking for someplace to go when he's offered shelter by a beautiful peasant woman, Lian (Xu Jinglei). Pang and Lian spend the night in each other's arms, and he finds himself falling in love with her. Pang sets out to make



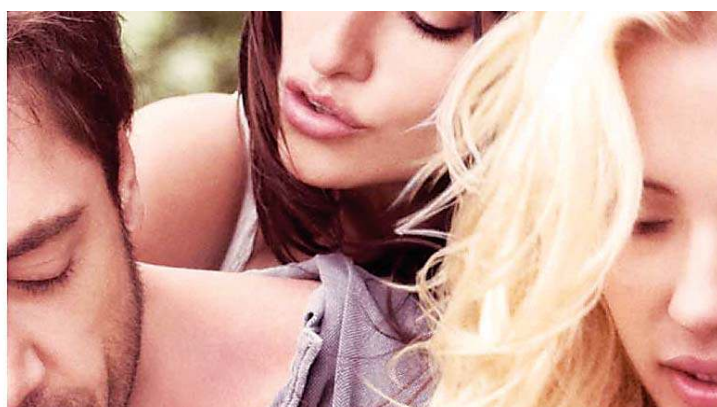
his way home when he's befriended by Zhao Erhu (Andy Lau) and Jiang Wuyang (Takeshi Kaneshiro), a pair of bandits. When Jiang is attacked in an ambush, Pang helps save his life, and the three men become blood brothers in a gory ritual. Pang convinces Jiang and Zhao to join him in the fight against the revolutionaries, and with their help Pang is able to achieve some impressive victories. However, when Pang allows his own ego and dreams of glory to override his common sense and loyalty, Zhao and Jiang come to distrust their ally, and matters become worse when it is revealed that Lian is



Zhao's wife. *Tou Ming Zhuang* (aka *The Warlords*) was a major box office success in China and Eastern Asia before making its way to theatres in Europe and the United States.



Two young American women, Vicky (Rebecca Hall) and Cristina (Scarlett Johansson) come to Barcelona for a summer holiday. Vicky is sensible and engaged to be married, Cristina is emotionally and sexually adventurous. In Barcelona, they're drawn into a series of unconventional romantic entanglements with Juan Antonio (Javier Bardem), a charismatic painter, who is still involved with his tempestuous ex-wife Maria Elena (Penelope Cruz). Set against the luscious Mediterranean sensuality of Barcelona, *Vicky Cristina Barcelona* is Woody Allen's funny and open-minded celebration of love in all its configurations.



Patricia Clarkson Kevin Dunn Rebecca Hall Chris Messina

Vicky Cristina Barcelona
Life is the ultimate work of art.



Bono, Bruce Springsteen and Beyoncé Knowles were among a list of performers paying heartfelt tributes to **U.S. President Barack Obama** at a star-studded musical extravaganza just two days before he was inaugurated into office. Millions gathered at Washington D.C.'s Lincoln Memorial for the free musical tribute, with historical readings given by a host of celebrities, including **Jamie Foxx, Queen Latifah, Marisa Tomei** and **Tom Hanks**. Beginning the tribute, actor **Denzel Washington** addressed the crowd: "On this day, we are inspired by the man we have elected to be the 44th President of the United States of America. As Barack Obama has told us, we are not a collection of red states and blue states, we are the United States. We come here knowing that we are all in this together. So we name this ceremony that begins this inaugural week with three simple words that speak to who we are and to our future, and they are: **We Are One...** Music has always been the creative heartbeat of the American experience, enriching our lives lifting our spirits and touching our deepest emotions. Thank you". In between performances, **U2** frontman **Bono** later dedicated the band's song *City of Blinding Lights* to the politician: "What a thrill for four Irish boys from the North side of Dublin to honour you, Sir, the next President of the United States, Barack Obama, for choosing this song to be on the soundtrack of your campaign... Thank you America. God Bless You". The concert, closed by Knowles singing the *America the Beautiful*, also featured performances by **Mary J. Blige, Garth Brooks, Usher, Shakira**, and **Sheryl Crow**. It was historic. With emotions running high, a record-setting crowd bearing witness and an unprecedented number of former presidents – **Carter, Bush, Clinton and Bush** – looking on together on the Capital Steps, **Barack Obama** placed his right hand on Abraham Lincoln's Bible and took the oath of office as the 44th president of the United States – the first African-American ever to hold the office of U.S. Commander-in-Chief. And regardless of your personal politics, it galvanized the nation and much of the free world. For many, it was the party of the decade, the century, and the dawning of a new age for the very young country. Over two million people descended on Washington, D.C. Scores of star-studded parties with musical guests performing in every musical genre. For the moment that **Michelle Obama** officially became America's First Lady, she chose a champagne yellow ensemble by **Isabel Toledo**. Mrs. Obama paired the sheath dress and matching coat golden ensemble with green gloves from **J. Crew** and green **Jimmy Choo** heels. **President Barack Obama** and **First Lady Michelle Obama** were dancing their way through 10 official inaugural balls after a day of pomp and circumstance. The Obamas were serenaded by **Beyoncé** during their first dance at the Neighborhood Ball. Beyoncé sang *Etta James'* *At Last*, from her role in the movie *Cadillac Records* as the couple laughed and took their first spin around the dance floor. The first lady was clad in a long white gown designed by up-and-coming designer **Jason Wu**, 26. The gown made especially for the first lady is made of ivory silk chiffon, embellished with organza and Swarovski crystal rhinestones and silver thread embroidery. The first lady accessorized with diamond chandelier earrings, a white gold and diamond ring and a stack of diamond bangles by jeweller **Loree Rodkin**.



NORTH

UCI CINEMAS
ARRÁBIDA SHOPPING
TEL: 707 23 22 21
22 JAN-28 JAN



Frost/Nixon
Frank Langella, Michael Sheen
Warlords
Jet Li, Takeshi Kaneshiro
Vicky Cristina Barcelona
Penelope Cruz, Scarlett Johansson
Defiance
Daniel Craig, Liev Schreiber
Bolt
Animation 3D PV
Australia
Nicole Kidman, Hugh Jackman
Madagascar: Escape 2 Africa
Animation PV
Blindness
Julianne Moore, Mark Ruffalo
Twilight
Kristen Stewart, Robert Pattinson
The Day the Earth Stood Still
Keanu Reeves, Jennifer Connelly
Body of Lies
Leonardo DiCaprio, Russell Crowe
Entre les Murs
François Bégaudeau
The Women
Annette Bening, Eva Mendes
RocknRolla
Gerard Butler, Jeremy Piven
Transporter 3
Jason Statham, Natalya Rudakova
Yes Man
Jim Carrey, Zoëy Deschanel
Faubourg 36
Gérard Jugnot, Kad Merad
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Changeling
Angelina Jolie, John Malkovich
Die Welle
Jürgen Vogel, Frederick Lau
Smother
Diane Keaton, Liv Tyler
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Seven Pounds
Will Smith, Rosario Dawson

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
22 JAN-28 JAN

Frost/Nixon
Frank Langella, Michael Sheen
Australia
Nicole Kidman, Hugh Jackman
Smother
Diane Keaton, Liv Tyler
Transporter 3
Jason Statham, Natalya Rudakova
Nights in Rodanthe
Richard Gere, Diane Lane
The Day the Earth Stood Still
Keanu Reeves, Jennifer Connelly
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
22 JAN-28 JAN

Vicky Cristina Barcelona
Penelope Cruz, Scarlett Johansson
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Australia
Nicole Kidman, Hugh Jackman
Seven Pounds
Will Smith, Rosario Dawson
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Changeling
Angelina Jolie, John Malkovich
Easy Virtue
Jessica Biel, Ben Barnes
The Tale of Despereaux
Animation PV
Four Christmases
Reese Witherspoon, Vince Vaughn
Veneno Cura
Margarida Carvalho, Sofia Marques

The Day the Earth Stood Still
Keanu Reeves, Jennifer Connelly

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
22 JAN-28 JAN

Warlords
Jet Li, Takeshi Kaneshiro
Australia
Nicole Kidman, Hugh Jackman
Yes Man
Jim Carrey, Zoëy Deschanel
O Contrato
Claudia Vieira, Pedro Lima
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Transporter 3
Jason Statham, Natalya Rudakova

LUSOMUNDO
FOZ PLAZA
TEL: 707 246362
22 JAN-28 JAN

Four Christmases
Reese Witherspoon, Vince Vaughn
Twilight
Kristen Stewart, Robert Pattinson
Bolt
Animation 3D PV
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Australia
Nicole Kidman, Hugh Jackman
Yes Man
Jim Carrey, Zoëy Deschanel

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
22 JAN-28 JAN

RocknRolla
Gerard Butler, Jeremy Piven
Bolt
Animation 3D PV
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Twilight
Kristen Stewart, Robert Pattinson
Australia
Nicole Kidman, Hugh Jackman
Easy Virtue
Jessica Biel, Ben Barnes

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
22 JAN-28 JAN

The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Yes Man
Jim Carrey, Zoëy Deschanel
Blindness
Julianne Moore, Mark Ruffalo
Australia
Nicole Kidman, Hugh Jackman
Bolt
Animation 3D PV
Seven Pounds
Will Smith, Rosario Dawson
Easy Virtue
Jessica Biel, Ben Barnes
RocknRolla
Gerard Butler, Jeremy Piven

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
22 JAN-28 JAN

Nights in Rodanthe
Richard Gere, Diane Lane
Australia
Nicole Kidman, Hugh Jackman
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Four Christmases
Reese Witherspoon, Vince Vaughn
Easy Virtue
Jessica Biel, Ben Barnes
Transporter 3
Jason Statham, Natalya Rudakova

LUSOMUNDO
PALACIO DO GELO
TEL: 707 246362
22 JAN-28 JAN

Seven Pounds
Will Smith, Rosario Dawson
Yes Man
Jim Carrey, Zoëy Deschanel
RocknRolla
Gerard Butler, Jeremy Piven
Twilight
Kristen Stewart, Robert Pattinson
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Australia
Nicole Kidman, Hugh Jackman
The Tale of Despereaux
Animation PV

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
22 JAN-28 JAN

RocknRolla
Gerard Butler, Jeremy Piven
Easy Virtue
Jessica Biel, Ben Barnes
Four Christmases
Reese Witherspoon, Vince Vaughn

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
22 JAN-28 JAN

Vicky Cristina Barcelona
Penelope Cruz, Scarlett Johansson
Yes Man
Jim Carrey, Zoëy Deschanel
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Seven Pounds
Will Smith, Rosario Dawson
Bolt
Animation 3D PV
Transporter 3
Jason Statham, Natalya Rudakova
Australia
Nicole Kidman, Hugh Jackman
The Women
Annette Bening, Eva Mendes
Faubourg 36
Gérard Jugnot, Kad Merad

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
22 JAN-28 JAN

Defiance
Daniel Craig, Liev Schreiber
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Seven Pounds
Will Smith, Rosario Dawson
O Contrato
Claudia Vieira, Pedro Lima
Transporter 3
Jason Statham, Natalya Rudakova
Australia
Nicole Kidman, Hugh Jackman
Yes Man
Jim Carrey, Zoëy Deschanel
The Tale of Despereaux
Animation PV

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
22 JAN-28 JAN

The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Bolt
Animation 3D PV
Transporter 3
Jason Statham, Natalya Rudakova
Yes Man
Jim Carrey, Zoëy Deschanel

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
22 JAN-28 JAN

Frost/Nixon
Frank Langella, Michael Sheen

Faubourg 36
Gérard Jugnot, Kad Merad
Australia
Nicole Kidman, Hugh Jackman
Bolt
Animation 3D PV
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Changeling
Angelina Jolie, John Malkovich
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Seven Pounds
Will Smith, Rosario Dawson
Transporter 3
Jason Statham, Natalya Rudakova

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
22 JAN-28 JAN

Frost/Nixon
Frank Langella, Michael Sheen
Vicky Cristina Barcelona
Penelope Cruz, Scarlett Johansson
Transporter 3
Jason Statham, Natalya Rudakova
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Seven Pounds
Will Smith, Rosario Dawson
The Tale of Despereaux
Animation PV
Bolt
Animation 3D PV
Australia
Nicole Kidman, Hugh Jackman
Changeling
Angelina Jolie, John Malkovich
O Contrato
Claudia Vieira, Pedro Lima

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
22 JAN-28 JAN

Warlords
Jet Li, Takeshi Kaneshiro
Defiance
Daniel Craig, Liev Schreiber
RocknRolla
Gerard Butler, Jeremy Piven
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Transporter 3
Jason Statham, Natalya Rudakova
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
Changeling
Angelina Jolie, John Malkovich
Bolt
Animation 3D PV
Seven Pounds
Will Smith, Rosario Dawson
Yes Man
Jim Carrey, Zoëy Deschanel
Twilight
Kristen Stewart, Robert Pattinson
Australia
Nicole Kidman, Hugh Jackman

LUSOMUNDO
MAR SHOPPING
TEL: 707 246362
22 JAN-28 JAN

Defiance
Daniel Craig, Liev Schreiber
The Curious Case of Benjamin Button
Brad Pitt, Cate Blanchett
O Contrato
Claudia Vieira, Pedro Lima
Australia
Nicole Kidman, Hugh Jackman
Seven Pounds
Will Smith, Rosario Dawson
The Day the Earth Stood Still
Keanu Reeves, Jennifer Connelly
Yes Man
Jim Carrey, Zoëy Deschanel
Die Welle
Jürgen Vogel, Frederick Lau

OV = English Version
PV = Portuguese Version

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 MasterChef. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Tennis: Australian Open. (T) 2.30 Indoor Bowls. The World Indoor Championships. (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T)
5.35 Total Wipeout. Twenty more contestants compete, tackling physically demanding games on the purpose-built obstacle course in Argentina in a bid to win prize money. Two new elements have been added to the Qualifier in the form of the Rolling Logs and the Bubble Bath - a stack of rubber doughnuts filled with foam. Presented by Richard Hammond and Amanda Byram. (T)

6.30 Eurovision: Your Country Needs You. The remaining four acts receive advice from Emma Bunton as they battle to impress in the semi-final of the competition, and Alesha Dixon performs her latest single. Graham Norton hosts. (T)

7.35 The National Lottery: In It to Win It. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize - but one wrong response could lose them their share of the loot. Includes the all-important Lotto, Dream Number and Thunderball draws, with Jenni Falconer. (T)

8.25 Casualty. Zoe tries to persuade social services to let her foster Sharice, but knows how tough she will find getting through to the girl. Curtis's date with Alice is derailed by an urgent phone call from the Farmead Estate, and Adam struggles to deal with the ramifications of Alex's condition. (T)

9.15 Outtake TV. Anne Robinson presents a selection of celebrity blunders from some of the BBC's major shows, including Little Dorrit, Sense and Sensibility and The Office, proving that even the most professional of TV personalities can get it wrong. (T)

9.45 BBC News; Weather; (T) National Lottery Update. (T)

10.05 FILM: Air Force One (1997). The US president's plane is hijacked by Russian terrorists and he is forced to take drastic measures to ensure the safety of his family. Action thriller, starring Harrison Ford. (T)

12.00 FILM: Tough Guys (1986). Action comedy, starring Kirk Douglas and Burt Lancaster. (T) 1.40 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.45 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: 6.00 Tikkabilla; (R) (T) Doodle Do Making Moments. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Animalia. (R) (T) 7.30 Mortified; (R) (T) Prank Patrol Pocketsize. (R) (T) 8.00 Skunk Fu! (R) (T) 8.15 Sportsround. (T) 8.30 Richard Hammond's Blast Lab. (T) 9.00 Who Wants to Be a Superhero? (T) Bernard. (R) (T) 10.00 Basil's Swap Shop. (T) 11.00 Roar. (R) (T) 12.00 BBC Switch: Malcolm in the Middle. (R) (T) BBC Switch: Project Messy. 12.20 BBC Switch: The Almost Perfect Guide to Life. (T) 12.45 BBC Switch: Myths. (T) 12.50 BBC Switch: Sound. (T) 1.20 BBC Switch: Trex and Flipside. (T) 1.50 BBC Switch: Revealed. (T) 2.05 FILM: Bell, Book and Candle (1958). Supernatural comedy, starring James Stewart. (T) 3.45 FILM: Two Rode Together (1961). Western, starring James Stewart. (T) 5.30 The Diary of Anne Frank. (T) 6.30 Dad's Army. (R) (T) 7.00 Victorian Farm. The team receives help from a woodsman, blacksmith and basket-maker when the farm needs emergency repairs, while Ruth Goodman tries traditional potions and remedies. (R) (T) 8.00 A History of Scotland. The importance of Gaelic to the country's past. (T) 9.00 1929: The Great Crash. The causes of the Wall Street Crash of 1929. (T) 10.00 QI XL With Phill Jupitus, Jo Brand, Hugh Dennis and Alan Davies. Extended version of Friday's edition. (T) 10.45 FILM: As You Like It (2006). Premiere. Shakespearean comedy, starring Bryce Dallas Howard. (T) 12.50 Indoor Bowls. (T) 2.50 FILM: Paper Clips (2004). Premiere. Documentary about a school's commemoration of the Holocaust. (T) 4.10 Close.

Pick of the Day

Harry Hill's TV Burp (ITV1 Granada, 7.15pm)

Is TV dulling down or are we getting smarter? Will 2009 bring more quality programmes than ever, or will it be one of the worst on record? Alas, the answers to those questions won't be appearing this week, but we will get to find out which of Harry Hill's chosen objects, animals or people is better thanks to another "FIILGGHTT". The first rule of Harry Hill's Fight Club is you DO talk about it, repeatedly in the office and down the pub for days to come, along with all his other comedy nuggets mined from the rich seam of the week's TV. If Harry's comedy showdown is the filling in his TV sandwich, then the bread is soaps such as Emmerdale, EastEnders and Coronation Street, along with more offbeat shows from the past seven days. As ever, the comedian will be keeping his cards close to his chest until the show goes to air, but there's been no shortage of giggles this week, as viewers of Saturday's BBC One show Total Wipeout and ITV1's mind-bogglingly difficult The Krypton Factor will testify. As entertainingly as they are, do they feature a glove-puppet shark wreaking havoc on set? No, and as a result some would say they're poorer for it. Better make some space on that shelf Harry; more Baftas could be heading your way soon.

C4

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Planet Cook. (T) 7.05 Ocean Race. 8.00 The Morning Line. (T) 8.55 T4: Celebrity Big Brother Day; T4: unsignedAct. (R) (T) 10.00 T4: Friends. (R) (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Celebrity Big Brother: The Final. (R) (T) 12.00 T4: Celebrity Big Brother: The Final. (R) (T) 1.00 T4: Scrubs. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from Cheltenham and Doncaster. Including the 3.45 Byrne Group Cleave Hurdle (3m). (T) 4.15 Supernanny USA. (T) 5.15 John Adams. The vice president feels excluded from the president's inner-circle. (T) 6.30 Channel 4 News. (T) 7.00 Time Team. Tony Robinson and the team join forces with staff from Queen's University in Belfast to excavate a 4,000-year-old monument at Knockdun, a remote part of the coast of Co Antrim. (R) (T) 8.00 The Real Dad's Army. The last in the documentary series examines the work of the Auxiliary Unit, a secret resistance army whose mission was to wreak havoc among Nazi troops in the event of invasion. (R) (T) 9.00 FILM: Elizabeth (1998). Historical drama following Elizabeth I's rise to the throne as enemies within the court plot to bring about her downfall. Starring Cate Blanchett and Geoffrey Rush. (T) 11.20 FILM: Witness (1985). Thriller, starring Harrison Ford. (T) 1.30 FILM: Six Degrees of Separation (1993). Fact-based drama, starring Will Smith. (T) 3.25 Hill Street Blues. (R) 4.10 Time Team. (R) 5.00 Countdown. (R) (T) 5.45 The Treacle People. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Chiro. (R) (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Franklin. (R) (T) 7.45 Franny's Feet. (R) (T) 8.00 Hana's Helpline. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.30 Play! (R) (T) 8.40 Bert and Ernie's Great Adventures. (R) (T) 8.55 Roolbar and Custard Too. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 Nigel Marven's Shark Island. (R) (T) 11.00 Michaela's Zoo Babies. (R) (T) 1.00 FILM: The King and I (1999). Musical animation, with the voice of Miranda Richardson. (T) 2.40 Zoo Days. (T) 2.45 FILM: Confessions of a Young Bride (2005). Comedy, starring Shannon Elizabeth. (T) 4.30 FILM: Alex & Emma (2003). Romantic comedy, starring Luke Wilson and Kate Hudson. (T) 6.10 FILM: Private Benjamin (1980). A scatterbrained introduction to young enlists in the US Army in the hope of forgetting her problems and finding a new direction in life. Comedy, starring Goldie Hawn and Armand Assante. (T) 8.00 Five News and Sport. (T) 8.15 NCIS. Lt Col Mann arrives to assist with inquiries into the murder of a Marine - a case that becomes personal for Gibbs with the discovery that one of the witnesses is his ex-wife. (R) (T) 9.15 CSI: NY. Mac uncovers a murder onboard a commercial flight from New York to Washington DC and sets up a makeshift crime lab using hastily improvised apparatus to catch the killer. (T) 10.15 Law & Order. (T) 11.15 FBI Files. (T) 12.15 Quiz Cal. 4.00 Tim Marlow on the National Gallery's Grand Tour. (R) (T) 4.45 Out of Practice. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Cosby Mysteries. (R) (T) 10.15 Dancing on Ice. (R) (T) 11.35 Dancing on Ice: The Skate Off. (R) (T) 12.05 ITV News and Weather. (T) 12.10 London Today; Weather. (T) 12.15 Live FA Cup Football. Hartlepool United v West Ham United (Kick-off 12.40pm). (T) 2.50 FILM: Police Academy II: Their First Assignment (1985). Comedy sequel, starring Steve Guttenberg. (T) 4.25 London Tonight; Weather. (T) 4.40 ITV News and Weather. (T) 4.55 Live FA Cup Football. Manchester United v Tottenham Hotspur (Kick-off 5.15pm). (T)

7.15 Harry Hill's TV Burp. The big-collared comedian presents a compilation episode with highlights from previous series. Includes appearances by Bear Grylls and Coronation Street's Dev, as well as a fight between toasters and sharks. (T)

7.45 Demons. Mina's strange behaviour following the reappearance of a vampire from her past begins to arouse Galvin's suspicions. Torn between sentiment and her duty toward fighting against the half-lives, the blind concert pianist's lack of willing to help defeat the bloodsucker both puzzles and imperils Luke and his godfather. Fantasy drama, starring Zoe Tapper, Christian Cooke and Philip Glenister. (T)

8.45 Who Wants to Be a Millionaire? Celebrity Special. Chris Tarrant invites two pairs of celebrities to play for charity. GMTV news anchor Penny Smith and TV presenter Annika Rice take their places in the hot seats, followed by comic Jo Brand and broadcaster Nick Hancock. As usual, 12 questions stand between the celebrities and #1 million, with three lifelines being available should they need them. (T)

9.45 ITV News and Weather; Weather. (T)
10.00 FA Cup Football Highlights. Craig Doyle introduces action from today's fourth-round ties, including Hartlepool United v West Ham United, Kettering Town v Fulham and Manchester United v Tottenham Hotspur. Hartlepool faced their second Premier League opposition in succession following their third-round win over Stoke City. Kettering were the lowest-placed team left in the draw as they went up against the Cottagers, while United and Spurs met in a repeat of their tie at this stage last season. (T)

FILM: Carlit's Way (1993). Thriller, starring Al Pacino. (T) ITV News Headlines.

2.05 FILM: Around the Bend (2004). Premiere. Drama, starring Michael Caine. (T) 3.25 Nightwatch with Steve Scott: Mystery. (R) (T) 4.20 ITV Nightscreen.

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LOCAL

RTP1
0630 Children TV 0654 Brinca Comigo 0800 Bom Dia Portugal 1100 Planeta Selvagem 1130 Portugal sem Fronteiras 1300 News 1415 Top + 1530 TBA 1800 Telerural 1830 Vila Faia 1930 News 2130 Voz do Cidadão 2045 Football: SP Braga x FC Porto 2245 Dança na Praça 0100 Football Reviews 0130 Cold Case, series 0215 Caddyshack II, film 0430 The Public Enemy, film 0540 Top+ 0615 A Hora da Sorte
RTP2
0700 Euronews 0800 África 7 Dias 0830 News 0900 Open University 1000 We Are One - Concert on Barack Obama Inauguration Day 1200 Bastidores 1230 Entre Pratos 1315 National Geographic 1400 Parlamento 1500 Sports 1900 A Vida Normalmente 1930 Bravo 2000 Kaboom 2100 Mammals 2145 A Hora da Sorte 2200 News 2240 Soylent Green, film 0030 War of the Planets, film 0230 Sports 0630 Euronews
SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1030 Programa da Lucy 1200 Our World: Ganges 1300 News 1400 Episódio Especial 1500 Futsal: Benfica x Sporting 1700 Ghost Whisperer, series 1800 The Detonator, film 2000 News 2130 Não Há Crise 2245 The Secrets of Magic 2345 Toma Lá Dá Cá 0045 Levanta-te e Ri 0200 Catherine 0230 Todos em Linha 0400 Grosse Pointe Black, film
TVI
0700 Children TV 0930 Smackdown - Wrestling 1030 Campeões e Detetives 1130 Deluxe 1215 Antevésio 1300 News 1400 The Cheetah Girls, film 1545 Film TBA 1745 Phoenix Flight, film 2000 News 2115 Felício do Amor 2215 Olhos nos Olhos 2315 Caia quem Caia 0030 Film TBA 0230 Sempre a Somar 0400 Até que a Morte nos Separe 0430 Series 0530 Telesales

Best of the Rest

BBC3
7.00 The Real Hustle: High Stakes 7.30 The Real Hustle: High Stakes 8.00 Top Gear 9.00 Film: War of the Worlds 12 (2005) 10.50 Family Guy 11.15 Family Guy 11.40 Out-takes: US Presidents 12.10 Film: Tigerland 18 (2000) 1.45 My 22 Stone Dad and Skinny Me 2.40 The Real Hustle: High Stakes 3.10 The Real Hustle: High Stakes 3.40 Out-takes: US Presidents 4.10 My 22 Stone Dad and Skinny Me 5.10 Close
BBC4
7.00 Little Dorrit 9.00 Timeshift: Fashion v the BBC 10.00 Alistair Cooke's America 10.50 People's Century 11.45 Style on Trial 12.45 Style on Trial 1.45 Little Dorrit 3.45 Close
ITV2
1.05 Holiday Airport: Palma 2.05 All Star Family Fortunes 2.50 Gossip Girl 3.50 Brits 2009: The Launch Party 4.55 American Idol 5.55 American Idol 6.55 The Planet's Funniest Animals 7.15 Film: Junior PG (1994) 9.25 Film: American Pie Presents Band Camp 15 (2005) 11.15 Film: Bridge Jones: The Edge of Reason 15 (2004) 1.20 The Truth About Boy Bands 2.20 Teleshopping 5.20 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics 2.00 Project Runway 3.00 Lost: Destiny Calls 4.00 Futurama 4.30 Futurama 5.00 Gladiators 6.00 The Simpsons 6.30 Don't Forget the Lyrics 7.30 Noel's HQ 8.30 The Simpsons 9.00 Bones 10.00 Don't Forget the Lyrics 11.00 24 12.50 Road Wars 1.50 Road Wars 2.40 The Villa

3.30 Uncut! Repts in Ibiza 4.20 Tenerife Uncovered 5.10 Guilty! **G.O.L.D**
1.00 Only Fools and Horses 1.40 Only Fools and Horses 2.20 Ever Decreasing Circles 3.00 Ever Decreasing Circles 3.40 Last of the Summer Wine 4.20 Last of the Summer Wine 5.00 The Fall and Rise of Reginald Perrin 5.40 The Fall and Rise of Reginald Perrin 6.20 The Good Life 7.00 The Good Life 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Jonathan Creek 10.05 Jonathan Creek 11.25 Film: Keeping the Faith 12 (2000) 1.55 Jonathan Creek 3.00 Close
TCM
1.00 Clash by Night PG (1952) 3.30 Elvis: That's the Way It Is PG (1970) 4.55 To Have and Have Not U (1944) 6.50 The VIPs U (1963) 9.00 Before Sunrise 15 (1995) 11.05 Cannery Row 12 (1982) 1.15 Before Sunrise 15 (1995) 3.00 Cannery Row 12 (1982) 5.00 Abbott and Costello in Hollywood U (1945)
The Disney Channel
Kids' programmes from 7am, except 4.00 Film: Mr Magorium's Wonder Emporium U (2007) Fantasy comedy, starring Dustin Hoffman. 8.00 Film: The Even Stevens Movie PG (2003) Family adventure, starring Shia LaBeouf.

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MOVIES

Sky Movies Drama

6.05 Stolen Youth 12 (1996) 7.35 On Broadway 12 (2007) 9.30 What Dreams May Come 15 (1998) 11.30 American Graffiti PG (1973) With Richard Dreyfuss. 1.30 Ride with the Devil 15 (1999) With Tobey Maguire. 4.00 Because I Said So 12 (2007) With Diane Keaton. 5.45 Dreamgirls 12 (2006) With Jamie Foxx. 8.00 The Guardian 15 (2006) With Kevin Costner. 10.30 Babel 15 (2006) With Brad Pitt. 1.00 The Trench 15 (1999) With Daniel Craig. 2.45 The Wicked Lady 18 (1983) With Faye Dunaway. 4.30 Taken Away PG (1996)

Sky Movies Comedy

6.15 Hot Shots! Part Deux PG (1993) 7.45 Baby's Day Out PG (1994) 9.30 Runaway Bride PG (1999) 11.30 Idiocracy 15 (2006) With Luke Wilson. 1.00 The Simpsons Movie PG (2007) With Dan Castellaneta. 2.30 Run, Fat Boy, Run 12 (2007) With Simon

Pegg. 4.15 Baby's Day Out PG (1994) With Joe Mantegna. 6.00 Runaway Bride PG (1999) With Julia Roberts. 8.00 The Simpsons Movie PG (2007) With Dan Castellaneta. 9.30 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 11.15 Idiocracy 15 (2006) With Luke Wilson. 12.45 Hot Shots! Part Deux PG (1993) With Charlie Sheen. 2.20 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 3.55 35MM 4.25 Sgt Bilko PG (1996)

Sky Movies Action/Thriller

7.20 The Top 10 Show 7.35 Rocky PG (1976) 9.45 Rocky II PG (1979) 11.55 Rocky III PG (1982) With Sylvester Stallone. 1.50 The Siege 15 (1998) With Denzel Washington. 4.00 35MM 4.30 Jaws 3 12 (1983) With Dennis Quaid. 6.25 The Matrix 15 (1999) With Keanu Reeves. 9.00 The Siege 15 (1998) With Denzel Washington. 11.00 Three Kings 15 (1999) With George Clooney. 1.05 Shoot 'Em Up 18 (2007) With Clive Owen. 2.40 Warrior King 18 (2005) With Tony Jaa. 4.35 Seventeen and Missing PG (2006)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Big League Weekend 1 7.30 A1 Grand Prix 9.00 Soccer AM 12.00 Soccer Saturday 5.30 Live European Rugby Union. Ospreys v Leicester Tigers (Kick-off 5.35pm). 8.00 You're on Sky Sports! 9.00 Live Spanish Football. Barcelona v Numanica (Kick-off 9.00pm). 12.00 Cycling 12.30 Live A1 Grand Prix. The Taupo Grand Prix. 3.30 World Sport 4.00 NFL: America's Game 5.00 You're on Sky Sports!

Sky Sports 2

6.00 Sports Unlimited 7.00 Ocean Race 7.30 Friday Fight Night 9.30 Live European Tour Golf. The Qatar Masters. 1.30 Live European Rugby Union. Harlequins v Scarlets (Kick-off 1.35pm). 3.30 Live European Rugby Union. Montauban v Munster (Kick-off 3.35pm). 5.30 Cycling 6.00 A1 Grand Prix 7.30 Golf Night 9.30 A1 Grand Prix 11.00 Golf Night 1.00 Cycling 1.30 Spanish Football 4.30 Airports World 5.00 Cycling 5.30 World Sport

Sky Sports 3

6.00 World Sport 6.30 British Ice Hockey 9.00 WWE Special 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 WWE Royal Rumble Preview 1.30 Friday Fight Night 3.30 WWE Special 4.30 WWE Royal Rumble Preview 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 WWE Royal Rumble Preview 8.30 WWE Special 9.30 WWE Royal Rumble Preview 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Bottom Line 2.00 WWE Royal Rumble Preview 2.30 Sports Unlimited 3.30 WWE Royal Rumble Preview 4.00

Max Power 5.00 Sports Unlimited

British Eurosport

5.00 Live Australian Open Tennis. The sixth day's play. 8.15 Live Australian Open Tennis. Further coverage of the sixth day's play. 1.45 Live Biathlon. The men's 12.5km pursuit from Antholz-Anterselva in Italy. 2.30 Live Figure Skating. The 2009 European Championships. 3.30 Alpine Skiing 4.15 Biathlon 5.00 Alpine Skiing 5.30 Ski Jumping 6.30 Live Ski Jumping. World Cup coverage from Whistler in Canada. 8.15 Planet Armstrong 8.20 Figure Skating 9.15 Alpine Skiing 10.00 Australian Open Tennis. Coverage of the fourth round.

Sky Sports Xtra

6.00 Bass Fishing 7.00 Tight Lines 8.00 Cycling 8.30 Ocean Race 9.00 NFL: America's Game 10.00 Max Power 11.00 Racing News 11.30 A1 Grand Prix 1.00 Ocean Race 1.30 NFL: America's Game 2.30 British Ice Hockey 5.00 Max Power 6.00 NFL: America's Game 7.00 Sports Unlimited 8.00 Max Power 9.00 Cycling 9.30 Ocean Race 10.00 NFL: America's Game 11.00 Max Power 12.00 Sports Unlimited 1.00 NFL: America's Game 2.00 Bass Fishing 3.00 Golf Night 5.00 Bass Fishing

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BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.30 EastEnders. (T) 3.25 Diagnosis Murder. (R) (T) 4.10 Wild About Your Garden. (T) 4.55 Songs of Praise. (T)

5.30 BBC News; Regional News; Weather. (T) 6.00 The Secret Life of Elephants. Elephant calf Breeze faces her biggest test yet as the dry season approaches, while teenage brother Buster seems intent on getting both of them into trouble. Iain Douglas-Hamilton sends daughter Saba on a mission to help one of the reserve's best-known elephants, Mountain Bull, who has been on a collision course with farmers and local villagers. Sarah Parish narrates. (R) (T)

7.00 Antiques Roadshow. Fiona Bruce presents a second programme from the Bishop's Palace in Wells, Somerset. Among the items valued by the team of experts are a bracelet once given as a gift by Queen Victoria, a rare tapestry which leads to a revealing moment for its owners, and a seal used during the campaign to abolish slavery. (T)

8.00 Lark Rise to Candleford. Emma Timmins is feeling the strain of feeding and clothing her family, so Dorcas offers to help by taking in baby Annie - and the infant's arrival at the post office stirs up strong emotions. James is keen to continue the process of modernising Candleford and hires an assistant, a young man who Laura is quickly taken with. But she is uncomfortable in his presence and unable to let her feelings show. (T)

9.00 A Short Stay in Switzerland. One-off drama, based on a true story. Julie Walters plays Dr Anne Turner, a woman diagnosed with a terminal illness who chooses to end her own life at a Swiss clinic. Having made the decision, she looks to family and friends for support, but the move threatens to destroy her relationships with those she holds dear during her final days. Also starring Harold Walter, Lyndsey Marshal and Liz White. (T)

10.30 BBC News; Weather. (T) 10.50 FILM: A Good Woman (2004). Romantic comedy drama, starring Helen Hunt; (T) Weatherview. (T)

12.20 Sign Zone: The City Uncovered with Evan Davis. (R) (T) 1.20 Sign Zone: Holby City. (T) 2.20 Sign Zone: An Island Parish - The Deadly Storm. (R) (T) 3.20 Sign Zone: It's Not Easy Being Green. (R) (T) 3.50 Sign Zone: Animal Park. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Doodle Do Making Moments. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Animalia. (R) (T) 7.30 Mortified. (R) (T) Prank Patrol Pocketsize. (R) (T) 8.00 The Revenge Files of Alistair Fury. (R) (T) 8.30 Only in America. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 9.00 Something for the Weekend. (T) 11.30 Extreme Dreams: The Ultimate Challenge. (R) (T) 12.00 Animal Park. (R) (T) 1.00 European Figure Skating Championships. (T) 2.30 Indoor Bowls. The final of the World Indoor Championships. (T) 5.00 Ski Sunday. (T) 5.30 Orangutan Diary. (R) (T) 6.00 James May's Big Ideas. (R) (T) 7.00 Amazon with Bruce Parry. The former Royal Marine follows the mighty river's journey. (R) (T) 8.00 The Best of Top Gear. The presenters compete against their German counterparts. (R) (T) 9.00 Explore. New series. Simon Reeve seeks the hidden underbelly of tourist locations. (T) 10.00 High Altitude. New winter sports series presented by Ed Leigh and Graham Bell. The duo begin in New Zealand with an attempt to cross between two mountain peaks along a 100m length of rope. (T) 10.30 FILM: Good Night, and Good Luck (2005). Fact-based drama charting the feud between broadcaster Edward R. Murrow and US Senator McCarthy, instigator of the anti-communist witch-hunts. With David Strathairn and George Clooney. (T) (bw) 12.00 FILM: Confessions of a Dangerous Mind (2002). Fact-based comedy drama, starring Sam Rockwell. (T) 1.45 FILM: A Lucky Day (2002). Drama, starring Valentina Bassi. 3.15 BBC News. (T) 4.10 Close.

Pick of the Day

A Short Stay in Switzerland (BBC1, 9pm)

For far too long, Julie Walters has been seen mugging it up for the camera in a selection of comedy shows and films. She may have been the funniest thing about last summer's blockbuster Mamma Mia! but fans were left wondering why she seemed to have given up appearing in hard-hitting dramas such as Boys from the Blackstuff, Talking Heads and My Beautiful Son. Thankfully, she's got her drama hat well and truly back on in this thought-provoking and moving programme. It's based on the true story of Dr Anne Turner, and is penned by award-winning writer Frank McGuinness. The drama begins after Anne has just witnessed the death of her husband, Jack, from an incurable neurological disease. She's then diagnosed with an almost identical illness — and is determined to kill herself while she still has the ability to do so. However, getting her children's support proves tricky; they struggle to understand her feelings about the matter, and her wishes look set to pull the family apart when they should be closer than ever. Even Anne's best friend Claire doesn't agree with her actions. McGuinness says: "As a doctor, Anne Turner lived and worked by her principles, and she chose to die by them. This film recognises that rare courage."

C4

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Planet Cook. (T) 7.05 Transworld Sport. (T) 8.00 4Sport: Destination 2012. (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Hollyoaks. (T) 12.30 T4: Friends. (R) (T) 1.00 T4: unsignedAct. (T) 2.00 T4: 4Music Presents: Pink. (R) (T) 2.35 T4: unsignedAct: The Result. (T) 2.50 T4: Smallville. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (T) 4.45 Deal or No Deal. (T) 5.30 Time Team. (R) 6.30 Channel 4 News. (T) 7.00 Christianity: A History. Theologian Robert Beckford argues that Britain's conversion to Christianity was the cornerstone of forging a national identity after the fall of the Roman Empire. (T) 8.00 FILM: X-Men: The Last Stand (2006). Premiere. The mutant heroes return for a third adventure, this time facing former team member Jean Grey, reborn as the powerful Dark Phoenix. Starring Hugh Jackman and Ian McKellen. (T) 10.00 The Sunday Night Project. Anne Robinson joins Justin Lee Collins and Alan Carr to guest-host the entertainment show, performing an opening monologue and facing a grilling from the studio audience. (T) 11.05 FILM: Austin Powers: International Man of Mystery (1997). Spy spoof, starring Mike Myers. (T) 12.55 Poker. (R) 1.50 Shopping the Family. (R) (T) 2.15 Hill Street Blues. (R) 3.00 Tony Robinson and the Blitz Witch. (R) (T) 4.00 Time Team. (R) (T) 4.55 Water Stories. (R) (T) 5.05 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Peppa Pig. (R) (T) 6.30 Pocoyo. (R) (T) 6.40 Angels of Jam. (R) (T) 6.45 Ebb and Flo. (R) (T) 6.50 Chiro. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Milkshake! Music Box. (R) (T) 7.10 Franklin. (R) (T) 7.35 Franny's Feet. (R) (T) 7.50 Hana's Helpline. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.15 Play! (R) (T) 8.25 Bert and Ernie's Great Adventures. (R) (T) 8.35 Roobarb and Custard Too. (R) (T) 8.50 The Mr Men Show. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 Jane and the Dragon. (R) (T) 9.40 Mini Sheepdog Tales. (R) (T) 9.55 Aliens Among Us. (R) (T) 10.00 Secrets of Egypt: Ramesses. (R) (T) 11.00 Mystery of the Mummies. (R) (T) 12.00 Numb3rs. (R) (T) 1.00 Animal Rescue Squad. (R) (T) 1.30 FILM: Hard to Forget (1998). Thriller, starring Tim Dutton. (T) 3.25 FILM: A Ring of Endless Light (2002). Drama, starring Mischa Barton. (T) 5.10 Five News and Sport. (T) 5.25 FILM: The Green Berets (1968). Vietnam war adventure, starring John Wayne. (T) Five News Update. (T) 8.00 Ice Road Truckers. A major storm forces the authorities to close the ice road and puts the lives of several truck drivers at risk, while in Inuvik, Drew makes his first outing in his own rig. (R) (T) 9.00 FILM: Executive Decision (1996). A team of crack intelligence experts must foil the plans of hijackers on an airliner. Tense action thriller, starring Kurt Russell and Steven Seagal. (T) 11.35 Lockdown. (R) (T) 12.35 Urban Legends. (R) (T) 1.05 The X Games. 1.45 NHL Ice Hockey. 4.15 Boxing USA. (R) 5.10 Out of Practice. (R) (T) 5.35 Out of Practice. (R) (T)

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RTP2
0700 Euronews 0730 África @ Global 0800 Notícias de África 0900 Caminhos 0930 70x7 1000 Nôis 1100 Da Terra ao Mar 1130 Consóio 1200 Vida por Vida 1230 Liberty Lily 1330 Recantos 1400 Coração Independente 1445 A Voz do Cidadão 1500 Sports 1900 Coutos e Coutadas 1930 A Alma e a Gente 2000 The Simpsons 2100 7 What Makes Us Humans 2200 News 2230 P/Amor ao Piano 2330 Britcom 0030 Onda Curta 0115 Sports 0515 Euronews

SIC
0645 Sic Kids 0830 Disney Kids 1000 Star Wars: The Clone 1030 Tween Box 1200 BBC Wild Life: Whale Shark 1300 News 1400 Fama Show 1445 The Pacific, film 1630 Sô Fallen 3: The Destiny, film 1815 Starsky & Hutch, film 2000 News 2100 Grande Reportagem SIC 2145 VIP Manicure 2230 Atrêve-te a Cantar 0000 Toma Lá Dá Cá 0100 Desperate House Wives, series 0200 Cathouse 0230 Todos em Linha

TVI
0700 Children's TV 0930 O Bando dos Quatro 1030 Hanna Montana 1115 Mass 1300 News 1400 Artur e os Minimeus, film 1600 Film TBA 1800 Film TBA 2000 News 2100 Feitiço do Amor 2200 Estrelas da Música 2300 Equador 0000 O Informador, film 0230 Sempre a Somar 0400 Dirty Sexy Money, series 0500 Telesalas 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Out-takes: US Presidents 7.10 Film: Deep Impact 12 (1998) 9.00 Being Human 10.00 Family Guy 10.25 Family Guy 10.50 Grownups 11.20 Almost Famous 12.15 Being Human 1.10 Film: Tigerland 18 (2000) 2.45 Grownups 3.15 Almost Famous 4.10 The World's Strictest Parents 5.10 Close

BBC4
7.00 Stephen Fry in America 8.00 Folk America 9.00 Robert Burns - The People's Poet 10.30 Mark Lawson Talks to Bill Bryson 11.30 Stephen Fry in America 12.30 Folk America 1.30 Robert Burns - The People's Poet 3.00 Mark Lawson Talks to Bill Bryson 4.00 Close

ITV2
2.30 Brits 2009: The Launch Party 3.30 Who Wants to Be a Millionaire? Celebrity Special 4.30 ITV's Best Ever Ads 5.30 Coronation Street 8.00 Demons 9.00 Supernatural 10.00 Supernatural 11.00 Film: The Bourne Identity 12 (2002) 1.20 Dancing on Ice 3.10 Dancing on Ice: The Skate Off 3.35 Teleshopping 5.35 ITV2 Nightscreen

Sky1
1.00 Gladiators G Zone 1.10 Lost 2.10 Lost 4.00 Lost: Destiny Calls 5.00 Futurama 5.30 The Simpsons 6.00 Gladiators 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Lost on Location 9.20 Lost 10.50 Lost: Season 5 Revealed 11.20 Gladiators 12.20 Road Wars 1.20 Street Wars 2.15 The Villa 3.10 Uncut! Reps in Ibiza 4.05 Tenerife Uncovered 5.00 Bite Size Brainiac 5.10 Guilty!

G.O.L.D
1.00 The Vicar of Dibley 1.40 The Vicar of Dibley 2.20 My Family 3.00 My Family 3.40 Last of the Summer Wine 5.00 Last of the Summer Wine 5.00 The Fall and Rise of Reginald Perrin 5.40 The Fall and Rise of Reginald Perrin 6.20 Citizen Smith 7.00 Citizen Smith 7.40 The Vicar of Dibley 8.20 The Vicar of Dibley 9.00 Open All Hours 9.40 Open All Hours 10.20 Porridge 11.00 Porridge 11.40 Open All Hours 12.20 Open All Hours 1.00 Porridge 1.40 Porridge 2.20 Sorry! 3.00 Close

TCM
1.00 Dark Victory PG (1939) 3.00 An American in Paris U (1951) 5.05 Elvis on Tour PG (1972) 6.50 My Favorite Year PG (1982) 8.30 TCM Presents Under the Influence: Sydney Pollack 9.00 Jeremiah Johnson PG (1972) 11.00 The Night of the Igwana 15 (1964) 1.15 The Hunger 18 (1983) 3.00 The Night of the Igwana 15 (1964) 5.00 The Golden Arrow PG (1936)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Stepister from Planet Weird PG (2000) Family comedy, starring Courtney Draper.

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MOVIES

Sky Movies Drama

6.15 Sam Churchill: Search for a Homeless Man PG (1998) 8.00 The Tango Lesson PG (1997) 9.45 Candles on Bay Street PG (2006) 11.30 St Elmo's Fire 15 (1985) With Rob Lowe. 1.30 Casino Royale 12 (2006) With Daniel Craig. 4.00 Mask 15 (1985) With Cher. 6.00 A Good Year 12 (2006) With Russell Crowe. 8.00 We Own the Night 15 (2007) With Joaquin Phoenix. 10.00 The Last King of Scotland 15 (2006) With Forest Whitaker. 12.05 Valkyrie Special 12.20 Rumble Fish 18 (1983) With Matt Dillon. 2.00 The Young Americans 18 (1993) With Harvey Keitel. 3.45 Seven Pounds Special 4.15 Can't Be Heaven PG (1999)

Sky Movies Comedy

6.05 35MM 6.35 Bring It On: In It to Win It 12 (2007) 8.15 What About Bob? PG (1991) 10.00 Mr Woodcock 12 (2007) 11.30 Family Show 12.00 Knocked Up 15 (2007) With Seth Rogen. 2.15 As Good as It Gets 15 (1997) With Jack Nicholson. 4.40 Bring

It On: In It to Win It 12 (2007) With Ashley Benson. 6.15 What About Bob? PG (1991) With Bill Murray. 8.00 Mr Woodcock 12 (2007) With Billy Bob Thornton. 9.30 Knocked Up 15 (2007) With Seth Rogen. 11.45 As Good as It Gets 15 (1997) With Jack Nicholson. 2.10 I Want Candy 15 (2007) With Carmen Electra. 3.45 Detroit Rock City 15 (1999) 5.25 The Muse PG (1999)

Sky Movies Action/Thriller

6.15 The Postman 15 (1997) 9.15 Rocky IV PG (1985) 10.55 Rocky V PG (1990) 12.50 Rocky Balboa 12 (2006) With Sylvester Stallone. 2.45 Shooter 15 (2007) With Mark Wahlberg. 4.55 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 7.10 Jaws: The Revenge 12 (1987) With Michael Caine. 9.00 Shooter 15 (2007) With Mark Wahlberg. 11.10 Death Proof 18 (2007) With Kurt Russell. 1.15 Rocky Balboa 12 (2006) With Sylvester Stallone. 3.05 Full Metal Jacket 18 (1987) 5.05 TMNT PG (2007)

Sky Sports 1

6.30 Spanish Football 9.30 The Sunday Supplement 11.00 A1 Grand Prix 12.30 Live European Rugby Union. Leinster Edinburgh (Kick-off 1.00pm). 3.00 Live European Rugby Union. Bath v Toulouse (Kick-off 3.00pm). 5.30 Live Spanish Football. Malaga v Atletico Madrid (Kick-off 5.30pm). 8.00 Live Spanish Football. Real Madrid v Deportivo La Coruna (Kick-off 8.00pm). 10.00 A1 Grand Prix 11.30 FIFA Futbol Mundial 12.00 Spanish Football 2.00 NFL: Total Access 3.00 Live International Cricket. Australia v South Africa.

Sky Sports 2

6.00 Watersports World 7.00 Seamaster Sailing 7.30 Wild Sports 8.00 A1 Grand Prix 9.30 Live European Tour Golf. The Qatar Masters. 1.30 World Sport 2.00 WWE Royal Rumble Preview 2.30 A1 Grand Prix 4.00 Cycling 4.30 Live Hockey. The National Indoor Finals. 8.00 Golf Night 10.00 NFL: Total Access 11.00 Cycling 11.30 Hockey 3.00 Cycling 3.30 Close

Sky Sports 3

6.00 WWE Special 7.00 WWE Royal Rumble Preview 7.30 World Sport 8.00 Cycling 8.30 WWE Royal Rumble Preview 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Racing News 11.30 Seamaster Sailing 12.00 WWE Royal Rumble Preview 12.30 WWE Special 1.30 Wild Sports 2.00 NFL: Total Access 3.00 Watersports World 4.00 Seamaster Sailing 4.30 WWE Royal Rumble Preview 5.00 WWE: Experience 6.00 A1 Grand Prix 7.30 Cycling 8.00 WWE: Afterburn 9.00 WWE Royal Rumble

Preview 9.30 WWE: Experience 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 WWE Royal Rumble Preview 1.00 European Rugby Special 4.00 Seamaster Sailing 4.30 Close

British Eurosport

5.00 Live Australian Open Tennis. Coverage of the fourth round. 8.15 Live Australian Open Tennis. The fourth round continues. 1.00 Live Biathlon. The World Cup meeting from Antholz-Anterselva in Italy. 2.00 Live Figure Skating. The 2009 European Championships. 4.00 Biathlon 4.30 Alpine Skiing 5.30 Alpine Skiing 6.30 Live Ski Jumping. World Cup coverage from Whistler in Canada. 8.15 Wintersports Weekend 8.40 Planet Armstrong 8.45 Figure Skating 10.30 Australian Open Tennis 12.00 Live Australian Open Tennis. The fourth round continues.

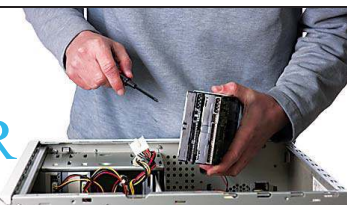
Sky Sports Xtra

6.00 Golf Night 8.00 Squash 10.00 Watersports World 11.00 Bass Fishing 12.00 Powerboating 1.00 High Five 1.30 Squash 3.30 Airports World 4.00 Bass Fishing 5.00 NFL: Total Access 6.00 Watersports World 7.00 WWE Special 8.00 European Rugby Union Special 11.00 Golf Night 1.00 A1 Grand Prix 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBBC: Bear! Kerwhizz. (T) The Owl. (R) (T) 3.30 CBBC: Bear! Behaving Badly. (T) 3.50 Elliot Kid. (T) 4.05 One Minute Wonders. (T) 4.35 Half Moon Investigations. (T) 5.05 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 Watchdog. Nicky Campbell, Julia Bradbury and Paul Heiney present the investigation show, fighting for consumers' rights and exposing rogue traders; (T) BBC News; Regional News. (T)

8.00 EastEnders. Janine refuses to settle for less than the job at R&R and reveals her cunning plan to Billy. Jay asks Marissa to run away with him, and Denise costs Lucas his job with Ian. (T) Panorama. Frank Skinner examines the public's attitude toward swearing and offensive material following the controversial radio prank played by Russell Brand and Jonathan Ross last October. (T)

9.00 Motorway Cops: A Traffic Cops Special - High-way Robbery. Documentary following police in Birmingham as they tackle the rising problem of crime on the country's motorways. Two officers are involved in a high-speed chase which takes them into the city centre and PC Richard Elliot investigates the robbery of a lorry on the M6 that occurred while the driver was resting for the night. Plus, more than 20 motorway cops, a dog team and a helicopter are called to stop a gang of thieves. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Movie Connections. The story of Danny Boyle's 1996 film Transpotting, which focuses on the lives of a group of heroin addicts in Nineties Edinburgh and stars Ewan McGregor, Jonny Lee Miller and Robert Carlyle. The lead actors, as well as director Boyle and Irvine Welsh, whose novel of the same name was the inspiration behind the movie, give their thoughts on one of the most controversial and talked-about movies of the decade. (T)

11.15 FILM: Broadcast News (1987). TV newsroom satire, starring Holly Hunter. (T) Weatherwise. (T) 1.25 Sign Zone: Antiques Roadshow. (R) (T) 2.25 Sign Zone: A Short Stay in Switzerland. (R) (T) 3.55 Sign Zone: Nicholas Crane's Britannia: The Great Elizabethan Journey. (R) (T) 4.55 BBC News. (T)



BBC2

6.00 CBeebies: Tikikabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Rocket Boy and Toro. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Barney's Barrier Reef. (T) 8.00 Da Dick and Dom Diaries. (T) 8.30 CBeebies: Pinky Dinky Doo. (R) (T) 8.45 LazyTown Extra. (R) (T) 9.00 Nuzzle & Scratch. (R) (T) 9.20 Harry and Toto. (R) (T) 9.30 Nina and the Neurons. (R) (T) 9.45 Me Too! (R) (T) 10.10 Mister Maker. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Fun with Phonics. (T) 11.10 Telling Tales. (T) 11.15 Telling Tales. (T) 11.20 BBC Primary History. (T) 11.40 Around Scotland. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park. (T) 2.15 Trash to Cash. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Eggheads. (T) 6.30 Extreme Dreams: The Ultimate Challenge. (T) 7.00 Bill Gates: How a Geek Changed the World. A profile of the entrepreneur. (T) 8.00 University Challenge. Corpus Christi College, Oxford, versus the University of Exeter. (T) 8.30 MasterChef. Three promising cooks are invited to professional kitchen Mango Tree. (T) 9.00 Horizon. New series. Why some people are incapable of gaining weight. (T) 10.00 Charlie Brooker's Screenwipe. Advertising special looking at portrayals of men and women in commercials. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Around the World in 80 Faiths. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Fifth Gear (five, 8pm)

It's Monday, and what better way to fend off the back-to-work blues than to catch up with Tiff Needell and the rest of the Fifth Gear team for a heady blend of exciting cars and savvy consumer advice? In tonight's edition, Jason Plato is in seventh heaven when he heads to Wembley Stadium to attend the annual Race of Champions — in which 18 racing and rally drivers take part in the prestigious race and drive identical cars to be crowned the undisputed king of the track. Jason's eyes light up when he goes behind the scenes and chats to some of the contenders, which include Michael Schumacher, Jensen Button and David Coulthard. Elsewhere, Vicki Butler-Henderson meets one of British motor racing's stars of the future — 17-year-old Tom Cave — who is the youngest ever driver to compete in the Rally GB. Meanwhile, the boys get to work reviewing a fleet of cars, with Tom trying to discover whether the latest BMW 7 Series is as user-friendly as its makers claim, while Jonny puts the Renault Megane through its paces by seeing how it fares against an army of trigger-happy paintballers.

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Tricky Business; (R) (T) Tate Modern. (R) (T) 10.00 KNTV - Philosophy; (R) (T) Tate Modern. (R) (T) 10.35 My Crazy Life; (R) (T) Tate Modern. (R) (T) 11.05 Get Me the Producer; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Puppet Love. (R) (T) 12.35 A Place in the Sun: Home or Away. (R) (T) 1.40 FILM: Night Train to Munich (1940). Spy thriller, starring Rex Harrison. (R) (T) 2.55 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: My Home Town. New series. Short film on Stratford-upon-Avon. (T) 8.00 Time Team: Ainsbrook. A Viking boat burial in Yorkshire. (R) (T) 9.00 Chickens, Hugh and Tesco Too. Hugh Fearnley-Whittingstall aims to transform Tesco's animal welfare policies. (T) 10.00 William and Harry: What Really Happened. The truth behind the headlines generated by the princes. Last in the series. (T) 11.05 The True Cost of Cheap Food. (R) (T) 12.10 Transmission. (R) (T) 12.40 4Music: Bloc Party - Live and Intimate. (R) (T) 1.05 FILM: The Contender (2000). Political drama, starring Joan Allen. (T) 3.10 Hill Street Blues. (R) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.40 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Han's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Chiro. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 House Doctor: The A to Z of Design. (R) (T) 12.00 House Doctor: The A to Z of Design. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: Nowhere to Land (2000). Disaster thriller, starring Jack Wagner. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? Drax power station in North Yorkshire. (R) (T) 7.30 Five News Update. (T) 8.00 Fifth Gear. Jason Plato attends the annual Race of Champions; (T) 8.00 Five News at 9. 9.00 FILM: Last Man Standing (1996). A mobster ends up in a lonely Texan border town where he spies an opportunity to cash in on the intense rivalry between warring crooks. Action adventure, starring Bruce Willis. (T) 11.05 FILM: No Way Back (1995). Action adventure, starring Russell Crowe. (T) 12.55 US Tour Golf. 1.45 The X Games. 2.35 AMA Supercross. 3.30 Race and Rally UK. 3.55 Motorsport Mundial. 4.20 Ironman Triathlon. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Laurel begs Jasmine to come clean to the police when Eli is arrested and taken in for questioning over Shane's murder. Confusion about the state of Rodney's health grows. (T)

7.30 Coronation Street. Maria finally snaps after another police interview and sets her sights on Tony. After eventually realising the impact the past few months have had on Sophie, Kevin and Sally try to make amends. Ken returns from Portsmouth without Peter, while Eddie's scheming is undone by an unwitting Kirk. (T)

8.00 Ed Mitchell: What Happened Next. The story of the former ITN newsreader's attempt to beat alcoholism. After being discovered sleeping on a bench in Brighton in December 2007, Ed sought to stay dry and rebuild relationships with his friends and family. The documentary follows him as he attends rehab in the hope of turning his fortunes around. (T)

8.30 Coronation Street. Maria faces the repercussions of her actions as she fears for the health of her unborn child and a charge of attempted murder. Gary begins to convince Tina he has been framed for the thefts from the builders' yard, and Ken meets an attractive woman (played by Stephanie Beacham) while walking the dog. (T)

9.00 Unforgiven. A delighted Ruth finally tracks down her sister and flashbacks reveal the circumstances behind the murders that saw her jailed for 15 years. Meanwhile, Steve's increasingly desperate quest for revenge leads him to the Belcomb's home, where he takes a hostage. Last in the series, starring Suranne Jones, Matthew McNulty and Emily Beecham. (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T)

10.35 FILM: Bloody Sunday (2001). Fact-based drama, starring James Nesbitt. (T)

12.40 Wanted. (T) 1.30 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 The Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1515 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notícias Soltas 2115 Cuidado com a Língua 2130 Jogo Duplo 2230 Prós e Contras 0100 Prova de Amor 0200 How We Hated Each Other, film 0345 Portugal no Coração 0530 Euronews 0605 Nôs

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1559 National Geographic 1651 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1936 Zig Zag 2027 Two & a Half Men, series 2049 National Geographic 2147 A Hora da Sorte 2200 News 2244 Perto de Casa 2330 Bastiões 0032 Noites da Dois 0115 Universidades 0145 Diga Lá Excelência 0245 Eurodeputados 0300 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0900 Ligo, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1545 Contacto 1715 Rebelde War 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2100 Maria Crespo 2130 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0030 CSI Las Vegas, series 0130 Shark, series 0230 Todos em Linha 0430 Ciranda de Pedra

TVI

0700 Diário da Manhã 1015 Você na TVI 1300 News 1400 As Tardes de Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Fetiche de Amor 2315 Olhos nos Olhos 0015 Diário da Nossa Film TBA 0245 Sempre a Somar 0415 TVI Negócios 0430 The Shield, series 0530 Telesales

Best of the Rest

BBC3

7.00 Doctor Who 8.05 Doctor Who Confidential 8.30 Out-takes: US Presidents 9.00 Gavin & Stacey 9.30 Grownups 10.00 EastEnders 10.30 Being Human 11.00 Family Guy 11.55 Family Guy 12.15 Gavin & Stacey 12.45 Grownups 1.15 Being Human 2.15 The World's Strictest Parents 3.15 The Undercover Princes 4.10 My 22 Stone Dad and Skinny Me 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 The American Future: A History, by Simon Schama 8.30 The Book Quiz 9.00 What Darwin Didn't Know 10.30 Gerry Robinson and the Money Makers 11.00 Cowards 11.30 Film: Aguirre, the Wrath of God PG (1972) 1.00 Imagine 2.00 Gerry Robinson and the Money Makers 2.30 The Book Quiz 3.00 What Darwin Didn't Know 4.30 Close

ITV2

10.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Smallville 8.00 Gossip Girl 9.00 Film: The Bourne Identity 12 (2002) 11.20 Coronation Street 11.50 Coronation Street 12.20 Film: The Bourne Supremacy 12 (2004) 2.30 Teleshopping 5.30 ITV2 Nightscreen

Sky1

1.00 Family Court: Judge Penny 1.30 Family Court: Judge Penny 2.30 Medical Detectives 2.30 Medical Detectives 3.00 Cold Case 4.00 Gladiators 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 24 10.00 Night Cops 11.00

Street Wars 12.00 Road Wars 1.00

Street Wars 1.50 Mile High 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Kim's Rude Awakening 5.10 Guitly! G.O.L.D 1.00 Last of the Summer Wine 1.40 The Vicar of Dibley 2.20 The Vicar of Dibley 3.00 The Brittas Empire 9.00 The Vicar of Dibley 9.40 The Vicar of Dibley 10.20 Absolutely Fabulous 11.00 The Thin Blue Line 11.40 Men Behaving Badly 12.20 Sorry! 1.00 Absolutely Fabulous 1.40 The Thin Blue Line 2.25 Men Behaving Badly 3.00 Close

TCM

1.00 Bachelor in Paradise PG (1961) 3.00 Judgment at Nuremberg PG (1962) 6.15 Anchors Aweigh U (1945) 9.00 The Cincinnati Kid PG (1965) 10.55 Wild Rovers 15 (1971) 1.15 The Cincinnati Kid PG (1965) 2.55 Wild Rovers 15 (1971) 5.00 Now, Voyager PG (1942) The Disney Channel Kids' programmes from 7am, except:

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MOVIES

Sky Movies Drama

6.00 Redemption of the Ghost PG (2001) 8.00 Outlaw Trail: The Treasure of Butch Cassidy PG (2006) 9.35 Valkyrie Special 9.55 Imaginary Playmate 12 (2006) 11.30 35MM 12.00 Ruby 15 (1992) With Danny Aiello. 2.00 Columbus: Butterfly in Shades of Grey PG (1993) With Peter Falk. 3.35 Pride and Prejudice PG (2003) With Kam Heskin. 5.30 Seven Pounds Special 6.00 The Skulls 15 (2000) With Joanne Jackson. 8.00 The Hurricane 15 (1999) With Denzel Washington. 10.30 Freedom Writers 12 (2007) With Hilary Swank. 12.45 The Cook, the Thief, His Wife and Her Lover 18 (1989) With Helen Mirren. 3.00 The Doors 18 (1991) With Val Kilmer. 5.30 The End of Eden PG (1996)

Sky Movies Comedy

7.05 Don't Go Breaking My Heart PG (1999) 8.45 Phat Girlz 15 (2006) 10.30 Swing 15 (1999) 12.15 Harry and the Hendersons PG (1987) With J o h n Lithgow. 2.15 Superbad 15 (2007) With Jonah Hill. 4.15 Phat Girlz 15 (2006) With Mo'Nique. 6.00 Harry and the Hendersons PG (1987) With John Lithgow. 8.00 Superbad 15 (2007) With Jonah Hill.

10.00 Jackass Number 2 18

(2006) With Johnny Knoxville. 11.40 Running with Scissors 15 (2006) With Joseph Cross. 1.45 Swing 15 (1999) With Hugo Speer. 3.30 Jackass Number Two 18 (2006) 5.10 Don't Go Breaking My Heart PG (1999)

Sky Movies Action/Thriller

6.40 The Temp 15 (1993) 8.30 Perfect Stranger 15 (2007) 10.35 The Pelican Brief 12 (1993) 1.15 The Temp 15 (1993) With Lara Flynn Boyle. 3.05 Smokey and the Bandit III 15 (1983) With Jackie Gleason. 4.45 Perfect Stranger 15 (2007) With Halle Berry. 6.45 Ocean's Thirteen PG (2007) With George Clooney. 9.00 Passenger 57 15 (1992) With Wesley Snipes. 10.30 Outlaw 18 (2007) With Sean Bean. 12.20 Platoon 15 (1986) With Charlie Sheen. 2.25 The Corruptor 18 (1999) With Chow Yun-Fat. 4.20 Ocean's Thirteen PG (2007)



SPORT

Sky Sports 1

6.00 Live International Cricket. Australia v South Africa. 11.30 FIFA Futbol Mundial 12.00 Cycling 12.30 A1 Grand Prix 2.00 Spanish Football 4.00 International Cricket 6.00 Soccer AM: The Best Bits 7.00 Big League Weekend 2 8.00 International Cricket 10.00 Time of Our Lives 11.00 Big League Weekend 2 12.00 Soccer AM: The Best Bits 1.00 Time of Our Lives 2.00 Sports Unlimited 3.00 Watersports World 4.00 Max Power 5.00 Sports Unlimited

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 NFL: America's Game 10.00 NFL: Top 10 11.00 Spanish Football 1.00 European Rugby Union Special 4.00 Golf Night 6.00 Powder Adventures 6.30 High Five 7.00 NFL: Top 10 8.00 NFL: America's Game 9.00 NFL: America's Game 10.00 Poker 12.00 NFL: America's Game 1.00 NFL: Top 10 2.00 Big League Weekend 2 3.00 Soccer AM: The Best Bits 4.00 Poker

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Bottom Line 8.00 European Rugby Special 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: America's Game 1.00 Powder Adventures 1.30 Seamount Sailing 2.00 Thinking

Tackle 3.00 NFL: Top 10 4.00 NFL: America's Game 5.00 WWE: Raw

7.00 Motor Sport 7.30 Wild Spirits 8.00 Soccer AM: The Best Bits 9.00 Big League Weekend 2 10.00 WWE: Late Night- Bottom Line 12.00 WWE: Late Night- Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

5.00 Live Australian Open Tennis. The fourth round continues. 7.45 Live Australian Open Tennis. The fourth round continues. 1.15 Australian Open Tennis 3.30 Ski Jumping 5.00 Eurogals 5.45 Alpine Skiing 6.45 euroCRASH! 7.00 Fight Club 10.00 Australian Open Tennis 12.00 Live Australian Open Tennis. The quarter-finals get under way.

Sky Sports Xtra

8.00 A1 Grand Prix 9.30 Golf Night 11.30 Thinking Tackle 12.30 Hockey 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Bass Fishing 6.00 Aerobics Oz Style 6.30 H2O Sports International 7.00 Thinking Tackle 8.00 Bass Fishing 9.00 Motor Sport 9.30 High Five 10.00 Thinking Tackle 11.00 Bass Fishing 12.00 Powder Adventures 12.30 H2O Sports International 1.00 International Cricket 3.00 Thinking Tackle 4.00 Powder Adventures 4.30 Wild Spirits 5.00 Motor Sport 5.30 Close

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There are many choices, and our technicians will talk through with you what you need, make some suggestions, and then build, deliver and install for you ⁽²⁾.

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⁽¹⁾ Screen not included. IVA not included

⁽²⁾ Installation costs €40 per hour, but not available in every area.



ANOTHER SERVICE FROM WORLD TELECOM

BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Elliot Kid. (T) 4.05 Hotel Trouble. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Janine discovers Jack and Ronnie have teamed up to humiliate her and Denise visits Birmingham to reunite Yolande and Patrick. Jay has trouble with his plan to run away with Marissa; (T) BBC News; Regional News. (T)

8.00 Holby City. Connie hijacks Ric's attempts to gain the public relations initiative after the murder of the security guard, by planning to perform a high profile operation. Maddy saves the day when the excesses of the night before put Tom under stress, and the opening of the new creche fails to solve Daisha's problems with Joe, so Rachel offers to take care of the infant to allow her a night off. (T)

9.00 Crimewatch. Appeals for information regarding a gang wearing masks who attacked a couple, and an investigation into the 1979 murder of Lynda Farrow. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Crimewatch Update. Responses to the earlier programme. (T)

10.45 The Johnson Gang: Catching Britain's Biggest Thieves. Until August 2008, Ricky Johnson and his gang stole at will from some of England's grandest stately homes, using their 20 years of experience and highly developed forensic knowledge to make off with more than \$5million in antiques and other precious items. This one-off documentary examines how the gang was able to pull off such ambitious heists while running rings around the law. David Morrissey narrates. (T)

11.25 Film 2009 with Jonathan Ross. The presenter returns for a new series of the review programme. This first edition witnesses Titanic co-stars Leonardo DiCaprio and Kate Winslet discuss their roles in Revolutionary Road. The host also reviews Nick and Nora's Infinite Playlist, a quirky coming-of-age drama starring Superbad's Michael Cera, and Emily Mortimer discusses her role in Martin Scorsese's latest thriller Ashecliffe. (T)

11.55 FILM: The Boys and a Girl from County Clare (2003). Premiere. Comedy. Starring Bernard Hill; (T) Weatherview. (T)

1.30 Sign Zone: See Hear. (R) (T) 2.00 Sign Zone: Fast Bucks: How Porsche Made Billions. (R) (T) 2.30 Sign Zone: Lark Rise to Candleford. (R) (T) 3.30 Sign Zone: Around the World in 80 Faiths. (R) (T) 4.30 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Rocket Boy and Toro. (T) 7.15 Watch My Chops. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Barney's Barrier Reef. (T) 8.00 Da Dick and Dom Diaries. (T) 8.30 CBeebies: Pinky Dinky Doo. (R) (T) 8.45 LazyTown Extra. (R) (T) 9.00 Nuzzle & Scratch. (T) 9.20 Harry and Toto. (R) (T) 9.30 Nina and the Neurons. (R) (T) 9.45 Me Too! (R) (T) 10.10 Mister Maker. (R) (T) 10.30 in the Night Garden. (R) (T) 11.00 Schools: KS2 Science Clips. (T) 11.10 KS2 Science Clips. (T) 11.20 Thinking Skills. (T) 11.30 Hands Up! (T) 11.45 Look and Read. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park. (T) 2.15 Trash to Cash. (R) (T) 3.00 Murder. She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Eggheads. (T) 6.30 Extreme Dreams: The Ultimate Challenge. (T) 7.00 The Best of Top Gear. The presenters compete against their German counterparts. (R) (T) 8.00 Oz and James Drink to Britain. (R) (T) 8.30 MasterChef. Aspiring chefs work a shift at a Wagamama restaurant in London. (T) 9.00 Million Dollar Traders. The novice traders discover whether they have made a profit. Last in the series. (T) 10.00 The Culture Show. Franz Ferdinand celebrate the completion of their third album. An extended edition can be seen on Friday at 11.35pm. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Credit Crash Britain - Food Fight: The Discount Boom. (R) (T) 11.50 Credit Crash Britain - Money for Nothing. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Oz and James Drink to Britain (BBC2, 8pm)

Is this delightful series just an excuse for two middle-aged blokes to settle down in a few bars, putting the world to rights and getting leathered? Possibly, but there's no denying the charm of watching James May and Oz Clarke bickering over a pint. In this, their third outing, they're finding out about the beverages (alcoholic only) that made Britain great, and at the same time are an emblem of our modern nation. This week, the thirsty pair nip across to Dublin, where they find themselves up to their eyeballs in a particular brand of stout. Anyone who has been over to the Emerald Isle will know there is actually more than one, but we reckon you can all guess what the chaps are quaffing. Once Oz has stopped blathering on about "chocolate, malty notes" or other such nonsense, he and his fellow presenter take a tour of the Guinness brewery. Quite apart from getting up close and personal with the black stuff, brew master Fergal Murray has a lesson or two planned. He teaches an unusually wary James how to sink a pint like a native. The big question is, how many lessons will it take before he's mastered the art?

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Tricky Business; (R) (T) Tate Modern. (R) (T) 10.00 KNTV - Philosophy; (R) (T) Tate Modern. (R) (T) 10.35 My Crazy Life; (R) (T) Tate Modern. (R) (T) 11.05 Get Me the Producer; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 The Ritz: Checking into History. (R) (T) 12.45 A Place in the Sun. (T) 1.20 FILM: Kippis (1941). Comedy, starring Michael Redgrave. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: My Home Town. Films inspired by the title My Home Town. (T) 8.00 Supersize vs Superskinny. An underweight marathon runner tries to rediscover her love for food. (T) 9.00 Gok Wan: Too Fat Too Young. Investigation into teenage obesity in the UK. (T) 10.00 Shameless. New series. A seemingly unprovoked attack leaves Ian in hospital, suffering memory loss. Meanwhile, Frank and Monica face an impossible challenge when they hear baby Stella's voice. (T) 11.05 The Big Bang Theory. (T) 11.35 My Name Is Earl. (R) (T) 12.05 Premier League Poker. 1.00 4Sport: Destination 2012. (R) (T) 1.55 4Sport: Fencing. 2.20 Adrenalin Rush. (T) 2.50 Freesports on 4. (R) (T) 3.40 Water Stories. (R) (T) 3.50 Grudge Match. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.40 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Han's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Chiro. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 House Doctor: The A to Z of Design. (R) (T) 12.00 House Doctor: The A to Z of Design. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.00 FILM: A Risk Worth Taking (2008). Premiere. Romantic drama, starring Muriel Baumeister. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Jaguar Adventure with Nigel Marven. The naturalist sees caiman hunting piranha; (R) (T) 7.55 Five News Update. (T) 8.00 Secrets of Egypt: Alexander's Tomb. The final resting place of the legendary Macedonian warlord. Last in the series; (T) 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. The team hunts for an unhinged artist-turned-serial-killer. (T) 10.00 CSI: Crime Scene Investigation. Part one of two. The team discovers the identity of the miniatures killer; (R) (T) Five News Update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (R) (T) 1.00 Boxing USA. 1.55 Live NBA Basketball. Utah Jazz v San Antonio Spurs (Tip-off 2.00am). 4.30 Ironman Triathlon. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Faced with an overwhelming amount of evidence linking him to Shane's murder, Eli cracks under the pressure and reveals the truth about the night of the court officer's death. As the police close in on Debbie and Jasmine, the pair plan a daring escape. Elsewhere, Paul confronts Val about her claims over Rodney's ill-health as his hopes of a future with Jonny lie in the balance. (T)

8.00 Tranny & Susannah Meet Their Match. The style duo turn their attention to mature women who have resorted to fake tans, short skirts and lots of cleavage in a bid to exude sex appeal. Sampling the life of these forty-something females, Tranny sports a pair of tiny gold hot pants, while Susannah dons sequins and a denim mini. As they familiarise themselves with this uninhibited style, the presenters reveal whether they love or loathe the "sex bomb" look. Last in the series. (T)

9.00 Total Emergency. The work of Sheffield's three emergency services comes under the spotlight once again as firefighters tackle a massive building blaze and an ambulance crew rushes to a baby with suspected meningitis. Meanwhile, a car is chased by police at speeds reaching 140mph. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Katy Brand's Big Ass Show. Spoofs of stars, including Lily Allen trying her hand at directing, Kate Moss crashing Stella McCartney's birthday party and Captain Rosie bidding to win the battle for hearts and minds. Leona Lewis and Kate Nash are also among this week's pop parodies. (T)

11.05 Harry Hill's TV Burp. Compilation episode with clips from previous series, including appearances by Bear Grylls and Coronation Street's Dev. (R) (T)

11.35 No Heroics. Jenny goes to prison to visit a villain she helped put behind bars. Don takes a job looking after a prince and Alex and Sarah talk about old times in the pub. Mark Heap guest stars. (T)

12.05 Crossing Jordan. (T) 12.50 Nightwatch with Steve Scott; Crime; (R) (T) ITV News Headlines. 1.40 Loose Women. (R) 2.35 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Amor e Intrigas 0510 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Prego Certo 2000 News 2100 30 minutos 2130 Telerural 2200 Jogo Duplo 2300 Liga dos últimos 2345 Bail, Film 0200 Prova de Amor 0245 Mrs Harris, film 0430 Portugal no Coração 0545 Euronews 0605 Nós

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1655 Zig Zag 1830 A Fé dos Homens 1900 AB Ciência 1940 Zig Zag 2045 Two and a Half Men 11.15 In Concert: Richie Havens 11.55 In Concert: Tom Paxton 12.25 In Concert: Judy Collins 1.00 In Concert: Joan Baez 1.40 In Concert: Crosby and Nash 2.10 Cowboys 2.40 What Darwin Didn't Know 4.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 What Darwin Didn't Know 9.00 The High Life 9.30 Early Doors 10.00 Cowboys 10.30 Mad Men 11.15 In Concert: Richie Havens 11.55 In Concert: Tom Paxton 12.25 In Concert: Judy Collins 1.00 In Concert: Joan Baez 1.40 In Concert: Crosby and Nash 2.10 Cowboys 2.40 What Darwin Didn't Know 4.10 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Smallville 8.00 Holiday Homes from Hell 9.00 Film: The Bourne Supremacy 12 (2004) 11.10 Film: Bottoms Up 15 (2006) 1.10 Teleshopping 4.10 ITV2 Nightscreen

Sky1
1.00 Family Court: Judge Penny 1.30 Family Court: Judge Penny 2.00 Medical Detectives 2.30 Medical Detectives 3.00 Cold Case 4.00 Malcolm in the Middle 4.40 Malcolm in the Middle 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 Battlestar Galactica 10.00 Lost 11.50 Lost on Location 12.20 Lost: Season 5

SIC
0600 Sic Notícias 0900 Ligo, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1545 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2115 Tá a Gravar 2215 Pódia Acabar o Mundo 2315 A Favorita 0300 CSI Las Vegas, series 0130 Shark, series 0230 Todos em Linha

TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Fetiço de Amor 2315 Olhos nos Olhos 0015 Film TBA 0215 Sempre a Somar 0415 TVI Negócios 0430 The Shield, series 0530 Telesale



Best of the Rest

BBC3
7.00 Doctor Who Confidential 8.00 The Undercover Princes 9.00 Naked 10.00 EastEnders 10.30 Grownups 11.00 Family Guy 11.25 Family Guy 11.45 The Undercover Princes 12.45 Naked 1.45 Grownups 2.15 Out-takes: US Presidents 2.45 Doctor Who Confidential 3.40 Being Human 4.40 Out-takes: US Presidents 5.10 Close

G.O.L.D
1.00 Last of the Summer Wine 1.40 The Vicar of Dibley 2.20 The Vicar of Dibley 3.00 The Brittas Empire 3.40 Waiting for God 4.20 The Manor Born 5.00 Whatever Happened to the Likely Lads? 5.40 Keeping Up Appearances 6.20 The Good Life 7.00 One Foot in the Grave 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 The Vicar of Dibley 9.40 The Vicar of Dibley 10.20 Absolutely Fabulous 11.00 Little Britain 11.40 Men Behaving Badly 12.20 Sorry! 1.00 Absolutely Fabulous 1.40 Little Britain 2.25 Men Behaving Badly 3.00 Close

TCM
1.00 Seven Brides for Seven Brothers U (1954) 3.00 Lost in a Harem U (1944) 4.40 The Maltese Falcon PG (1941) 6.40 The Hill PG (1965) 9.00 Westworld 15 (1973) 10.40 Pat Garrett and Billy the Kid 15 (1973) 1.00 Westworld 15 (1973) 2.35 Pat Garrett and Billy the Kid 15 (1973) 5.00 Murder, She Said U (1961)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.15 Deep Family Secrets PG (1997) 8.55 Forgotten Sins 15 (1996) 10.35 The Neighbor 12 (2008) 12.15 Onegin 12 (1999) With Ralph Fiennes. 2.05 Columbo: Undercover PG (1994) With Peter Falk. 3.45 Forces of Nature 12 (1999) With Sandra Bullock. 5.45 The War PG (1994) With Kevin Costner. 8.00 Schindler's List 15 (1993) With Liam Neeson. 11.15 Goodbye Bafana 15 (2007) With Joseph Fiennes. 1.15 Titus 18 (1999) With Anthony Hopkins. 4.00 Valkyrie Special 4.40 Miracle in the Woods PG (1997)

Sky Movies Comedy

6.50 Foul Play 12 (1978) 8.50 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 10.40 Foul Play 12 (1978) 12.40 Wedding Daze 15 (2006) With Jason Biggs. 2.15 Varsity Blues 15 (1999) With Jon Voight. 4.05 Stranger than Fiction 12 (2006) With Will Ferrell. 1.15 Varsity Blues 15 (1999) With Jon Voight. 3.05 American Pie Presents: Beta House 18 (2007) 4.40 Stepping Out PG (1991)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Wedding Daze 15 (2006) With Jason Biggs. 9.45 American Pie Presents: Beta House 18 (2007) With John White. 11.15 Stranger than Fiction 12 (2006) With Will Ferrell. 1.15 Varsity Blues 15 (1999) With Jon Voight. 3.05 American Pie Presents: Beta House 18 (2007) 4.40 Stepping Out PG (1991)

Sky Movies Action/Thriller

6.25 The Top 10 Show 6.45 Enemy Within PG (2007) 8.30 Uncommon Valor 15 (1983) 10.30 Catch a Fire 12 (2006) 12.30 Mr Nice Guy 15 (1997) With Jackie Chan. 2.15 The Top 10 Show 2.35 Brotherhood 15 (2004) With Dong-Kun Jang. 5.15 A Clean Kill 15 (1999) With Perry King. 7.00 Deep Blue Sea 15 (1999) With Samuel L. Jackson. 9.00 Beowulf 12 (2007) With Ray Winstone. 11.00 Mr Brooks 18 (2007) With Kevin Costner. 1.05 Warrior King 18 (2005) With Tony Jaa. 3.00 Body of Evidence 18 (1992) With Madonna. 4.45 Enemy Within PG (2007)

8.30 Motor Sport 9.00 Thinking Tackle 10.00 Bass Fishing 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: America's Game 1.00 Powder Adventures 1.30 Wild Spirits 2.00 NFL: America's Game 2.00 NFL: Top 10 11.00 POKER 1.00 Bass Fishing 2.00 Thinking Tackle 3.00 Bass Fishing 4.00 POKER 6.00 Pool 7.00 High Five 7.30 Live Football Special. Portsmouth v Aston Villa (Kick-off 8.00pm). 10.15 POKER 11.15 Revista De La Liga 12.15 NFL: America's Game 1.15 NFL: Top 10 2.15 Wild Spirits 2.45 Close

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 2 10.00 Soccer AM: The Best Bits 11.00 Wild Spirits 11.30 H2O Sports International 12.00 Big League Weekend 2 1.00 Soccer AM: The Best Bits 2.00 Football Asia 2.30 Big League Weekend 2 3.30 Soccer AM: The Best Bits 4.30 High Five 5.00 Big League Weekend 2 6.00 Football Asia 6.30 Revista De La Liga 7.30 Soccer Special 10.30 Football First 12.00 Football First 1.30 Revista De La Liga 2.30 Football Asia 3.00 A-League 3.30 POKER 4.30 A-League 5.00 Revista De La Liga

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Afterburn 8.00 Powder Adventures 8.30 Wild Spirits 9.00 NFL: America's Game 1.00 NFL: Top 10 11.00 POKER 1.00 Bass Fishing 2.00 Thinking Tackle 3.00 Bass Fishing 4.00 POKER 6.00 Pool 7.00 High Five 7.30 Live Football Special. Portsmouth v Aston Villa (Kick-off 8.00pm). 10.15 POKER 11.15 Revista De La Liga 12.15 NFL: America's Game 1.15 NFL: Top 10 2.15 Wild Spirits 2.45 Close

Sky Sports 3

8.30 Motor Sport 9.00 Thinking Tackle 10.00 Bass Fishing 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: America's Game 1.00 Powder Adventures 1.30 Wild Spirits 2.00 NFL: America's Game 2.00 NFL: Top 10 11.00 POKER 1.00 Bass Fishing 2.00 Thinking Tackle 3.00 Bass Fishing 4.00 POKER 6.00 Pool 7.00 High Five 7.30 Live Football Special. Portsmouth v Aston Villa (Kick-off 8.00pm). 10.15 POKER 11.15 Revista De La Liga 12.15 NFL: America's Game 1.15 NFL: Top 10 2.15 Wild Spirits 2.45 Close

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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (T) 3.50 Eliot Kid. (T) 4.05 Gastronom. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Stories of interest to the region; (T) BBC News; Regional News. (T)
8.00 Waterloo Road. Tom's feud with the Kelly family intensifies when he becomes convinced Earl is leaving dead birds on his doorstep. To ease the situation, Eddie organises a falconry day at the school, but when one of the birds goes missing there seems to be only one explanation - Earl has stolen the bird to get back at Eddie and Tom. Meanwhile, Rachel tries to help Rose Kelly give up drinking and get a job. (T)

9.00 The Secret Life of Elephants. The rains arrive in Kenya following the drought and elephant calf Breeze faces a fight for survival in the harsh conditions. Hundreds of elephants then descend on the reserve for breeding season, and the research team faces the busiest period of the year. Using new technology, Saba Douglas-Hamilton tracks the bulls, but keeps a wary eye on rogue male Rommel. Last in the series. (T) BBC News. (T)
10.00 Regional News; Weather. (T)
10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)
10.45 Match of the Day. Gary Lineker presents highlights of tonight's Premier League clashes, including Wigan Athletic v Liverpool at the JJB Stadium. The Reds came back from behind in the reverse fixture at Anfield to win 3-2 in a thrilling encounter. Elsewhere, Middlesbrough travelled to Stamford Bridge to face Chelsea and Blackburn Rovers manager Sam Allardyce anticipated the visit of his former club Bolton Wanderers to Ewood Park. Plus, a round-up of the goals from last night's games, including West Bromwich Albion v Manchester United; (T) National Lottery Update. (T)
12.05 FILM: Man on the Moon (1999). Biopic, starring Jim Carrey; (T) Weatherview. (T) 2.00 Sign Zone: The Secret Life of Elephants. (R) (T) 3.00 Sign Zone: Natural World. (R) (T) 3.50 Sign Zone: Natural World. (R) (T) 4.40 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Rocket Boy and Toro. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Barney's Barrier Reef. (T) 8.00 Da Dick and Dom Diaries. (T) 8.30 CBeebies: Pinky Dinky Do. (R) (T) 8.45 LazyTown Extra. (R) (T) 9.00 Nuzzle & Scratch. (R) (T) 9.20 Harry and Toto. (R) (T) 9.30 Nina and the Neurons. (R) (T) 9.45 Me Too! (R) (T) 10.10 Mister Maker. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Eggheads. (T) 6.30 Extreme Dreams: The Ultimate Challenge. (T) 7.00 Escape to the Country. A Manchester couple looking for a country property in Cheshire. (R) (T) 8.00 It's Not Easy Being Green. Dick's local pub sends out an SOS as their fuel bills soar. (T) 8.30 MasterChef. Six amateur chefs create a dish in 50 minutes. (T) 9.00 The City Uncovered with Evan Davis. Investigating the roots of the current economic crisis. Last in the series. (T) 10.00 QI. With Phill Jupitus, Jo Brand and Hugh Dennis. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 1929: The Great Crash. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

9.00 The City Uncovered with Evan Davis. Investigating the roots of the current economic crisis. Last in the series. (T) 10.00 QI. With Phill Jupitus, Jo Brand and Hugh Dennis. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 1929: The Great Crash. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

The City Uncovered with Evan Davis (BBC2, 9pm)

At the moment, it seems like everyone has an opinion on what's wrong with the economy, how it could have been avoided and what should be done to fix it, whether they really understand the situation or not. However, for anyone wanting a slightly more informed view, or a crash course on the reasons for the credit crunch, this series has been a gift. Presented by the BBC's former economics editor Evan Davis, the first two episodes looked at the mysteries of banking, and what for many viewers would have been the previously slightly baffling world of hedge funds and risk management. This episode tackles a subject close to many viewers' hearts — property prices. He asks how values became so inflated and what led to the bubble bursting, before examining where we can all go now, and suggests some uncomfortable truths about exactly what is driving the economy. You might think that after months of Press coverage you already know all the answers, but as anyone who read Davis's recent theory suggesting a link between David Bowie and our current woes should realise, he could well draw some surprising conclusions.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Tricky Business; (R) (T) Tate Modern. (R) (T) 10.00 KNTV - Philosophy; (R) (T) Tate Modern. (R) (T) 10.35 Trouble Online; (R) (T) Tate Modern. (R) (T) 11.05 Get Me the Producer; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 My Eden. (R) (T) 12.40 A Place in the Sun. (R) (T) 1.10 FILM: The Way Ahead (1944). World War Two drama, starring David Niven. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: My Home Town. Films inspired by the title My Home Town. (T) 8.00 Relocation. Relocation. A couple hoping to buy property in London. (T) 9.00 Grand Designs. New series of the property programme, which celebrates its 10th birthday this year. The first episode features a couple who have returned to Newport, Wales, after 17 years and bought an 18th-century folly. (T) 10.00 The World's Cleverest Child and Me. New series. Mark Dolan meets some of the world's most incredible people. (T) 11.05 Shameless. (R) (T) 12.10 4Music: Spectacle: Elvis Costello with James Taylor. 1.10 3 Minute Wonder: My Home Is My Shoes. (R) (T) 1.15 3 Minute Wonder: My Home Is My Shoes. (R) (T) 1.20 4Dance 2008. (R) (T) 2.50 3 Minute Wonder: My Home Is My Shoes. (R) (T) 2.55 3 Minute Wonder: My Home Is My Shoes. (R) (T) 3.00 Hill Street Blues. (R) 3.50 Early Days. (R) (T) 4.00 Time Team. (R) (T) 4.55 Countdown. (R) (T) 5.40 Inuk. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.40 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Chiro. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 House Doctor: The A to Z of Design. (R) (T) 12.00 House Doctor: The A to Z of Design. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: At the Midnight Hour (1995). Romantic drama, starring Patsy Kensit. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Extraordinary Animals. A horse that helped police overpower a gang of rioters; (R) (T) 7.30 Five News Update. (T) 8.00 Ice Road Truckers. The drivers are called on to dismantle a drilling station; (T) 8.00 Five News at 9. 9.00 FILM: The Hard Corps (2006). A war veteran is hired to assemble a group of bodyguards to protect a former boxer from a villainous gangster. Action adventure starring Jean-Claude Van Damme and Vivica A. Fox. (T) 11.10 CCTV Cities. (R) (T) 12.10 Poker. 1.40V8 Supercars. (R) 3.00 Ironman Triathlon. (R) 3.50 NHL. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. A shocked Ashley encourages Laurel to tell the police everything she knows, while Zak decides to disown Eli for telling officers about Debbie's role in the murder. (T)
7.30 Coronation Street. Tony insists Maria is innocent, before taking the final step to prove the widow's claims are unfounded. Blanche begins warning to Leanne, while Norris and Mary jointly win a big prize. (T)

8.00 The Bill. Part two of three. The discovery of two more bodies convinces Heaton his suspect is a serial killer, but a retired colleague reveals there was a cover-up in the first case. Concludes tomorrow. (T)

9.00 Taggart. Burke agrees to help an old flame working for a politician who is in trouble for accepting funds from an underworld figure - but the investigation puts his reputation on the line. (R) (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)

10.35 The South Bank Show Awards. Melvyn Bragg introduces the 13th annual ceremony from the Dorchester in London, in front of a star-studded audience. Thirteen arts categories will be contested, featuring three special awards. Nominees include: in the pop section, Elbow and Estelle; for classical music, Alfred Brendel's Retirement Concerts and the Messiah Festival; in TV drama, The Devil's Whore, The Shooting of Thomas Humdall and The Children; and in literature, Tom Rob Smith, Kate Summerscale and Linda Grant. Michael McIntyre goes up against Pulling and previous winners Gavin & Stacey for the comedy award; and the shortlisted films are In Bruges, Man on Wire and Hunger. With music by Razorlight, Nigel Kennedy and Michael Ball. (T)

11.50 FILM: The Rat Pack (1998). Premiere. Drama, starring Ray Liotta; (T) ITV News Headlines. 2.05 Loose Women. (R) 2.55 The Jeremy Kyle Show. (R) (T) 3.50 ITV Nightscreen.

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Amor e Intrigas 1510 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Em Reportagem 2130 Jogo Duplo 2230 The Devil's Advocate. Film 0045 Quarto Crescente 0145 Prova de Amor 0245 Thicker than Water. Film 0415 Portugal no Coração 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1500 Assembleia da República 1702 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1950 Zig Zag 2045 Two and a Half Men, series 2105 National Geographic 2200 News 2230 24, series 2330 Clube de Jornalistas 0025 Noites da Dois 0110 Universidades 0145 Biosfera 0230 Bastiões 0330 Euronews 0500 Sociedade Civil
SIC
0645 Sic Notícias 0900 Ligou, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1545 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2115 Tá a Gravar 2215 Pódi Acabar o Mundo 2315 A Favorita 0030 CSI: Las Vegas, series 0130 Shark, series 0230 Todos em Linha
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Futurama de Amor 2315 Olhos nos Olhos 0015 Film TBA 0215 Sempre a Somar 0415 TVI Negócios 0430 The Shield, series 0530 TeleSales

Best of the Rest

BBC3
0700 Doctor Who 8.00 Film: Deep Impact 12 (1998) 9.55 Little Britain USA 10.20 Family Guy 10.45 Family Guy 11.10 The Undercover Princes 12.10 Kizzy: Sex, Prams and Exams 1.05 My 22 Stone Dad and Skinny Me 2.05 The Undercover Princes 3.05 Kizzy: Sex, Prams and Exams 4.00 Naked 5.00 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Ready to Wear 8.00 The Book Quiz 8.30 Tonight in Person: Peter, Paul & Mary 9.00 Savile Row 10.00 Style on Trial 11.00 Film: Fitzcarraldo PG (1982) 1.30 The Book Quiz 2.00 Mark Lawson Talks to Bill Bryson 3.00 Style on Trial 4.00 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Smallville 8.00 Demons 9.00 Gossip Girl 10.00 Film: Bridget Jones: The Edge of Reason 15 (2004) 12.10 Coronation Street 12.40 Film: American Pie Presents Band Camp 15 (2005) 2.30 Teleshopping 5.30 ITV2 Nightscreen
Sky1
1.00 Family Court: Judge Penny 1.30 Family Court: Judge Penny 2.00 Medical Detectives 2.30 Medical Detectives 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Are You Smarter than a 10 Year Old? 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Film: Happy Gilmore 12 (1996) 10.45 Ross Kemp on Gangs 11.45 Road Wars 12.45 Street Wars 1.45 Mile High 2.40

Stargate Atlantis 3.30 Stargate Atlantis 4.20 Kim's Rude Awakening 4.45 Kim's Rude Awakening 5.10 Guilty!
G.O.L.D
1.00 Last of the Summer Wine 1.40 The Vicar of Dibley 2.20 The Vicar of Dibley 3.00 The Brittas Empire 3.40 Waiting for God 4.20 To the Manor Born 5.00 Whatever Happened to the Likely Lads? 5.40 Keeping Up Appearances 6.20 The Good Life 7.00 One Foot in the Grave 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 The Vicar of Dibley 9.40 The Vicar of Dibley 10.20 Absolutely Fabulous 11.00 Little Britain 11.40 Men Behaving Badly 12.20 Sorry! 1.00 Absolutely Fabulous 1.40 Little Britain 2.25 Men Behaving Badly 3.00 Close
TCM
3.00 Adam's Rib U (1949) 4.55 The Champ PG (1979) 7.15 Forbidden Planet U (1956) 9.00 Falling in Love PG (1984) 11.00 Mutiny on the Bounty 15 (1962) 2.10 Falling in Love PG (1984) 4.00 Mark of the Vampire PG (1935) 5.00 Rio Rita U (1942)
The Disney Channel
Kids' programmes from 7am, except:

Sky Movies Drama

6.00 The Patron Saint of Liars PG (1997) 7.45 St Elmo's Fire 15 (1985) 9.45 Out to Borderline 15 (1999) 11.30 Revolutionary Road Special 11.50 This Is My Father. (1998) With James Caan. 2.00 Columbo: Strange Bedfellows PG (1995) With Peter Falk. 3.45 The Other Sister 12 (1999) With Juliette Lewis. 6.00 The Sentinel 12 (2006) With Michael Douglas. 8.00 The Insider 15 (1999) With Al Pacino. 10.40 American Gangster 18 (2007) With Denzel Washington. 1.20 Scarface 18 (1983) With Al Pacino. 4.15 When Angels Come to Town PG (2004)

Sky Movies Comedy

6.35 The Love Letter 15 (1999) 8.05 Catch and Release 12 (2007) 10.00 Open Season PG (2006) 11.30 The Dream Team 15 (1989) With Michael Keaton. 1.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 3.25 Austin Powers: The Spy Who S*****d Me 12 (1999) With Mike Myers. 5.05 Open Season PG (2006) With Martin Lawrence. 6.35

Farce of the Penguins 15 (2006) With Samuel L. Jackson. 8.00 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 10.00 Austin Powers: The Spy Who S*****d Me 12 (1999) With Mike Myers. 11.40 The Dream Team 15 (1989) With Michael Keaton. 1.35 Catch and Release 12 (2007) With Jennifer Garner. 3.30 The Love Letter 15 (1999) 5.00 Confessions of an Ugly Stepsister U (2001)

Sky Movies Action/Thriller

6.20 The Magic Sword: The Quest for Camelot PG (1998) 7.50 Rob Roy 15 (1995) 10.15 Kluge 18 (1971) 12.15 The Bourne Ultimatum 12 (2007) With Matt Damon. 2.15 Final Analysis 15 (1992) With Richard Gere. 4.25 Rob Roy 15 (1995) With Liam Neeson. 6.45 The Fugitive 15 (1993) With Harrison Ford. 9.00 The Bourne Ultimatum 12 (2007) With Matt Damon. 11.00 Fire Down Below 18 (1997) With Steven Seagal. 12.50 Death Proof 18 (2007) With Kurt Russell. 2.50 McVicar 18 (1980) With Roger Daltrey. 4.45 The Magic Sword: The Quest for Camelot PG (1998)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 A-League 10.00 Revista De La Liga 11.00 Spirit of Yachting 11.30 Football Asia 12.00 A-League 12.30 Football First 2.00 Football First 3.30 Football First 5.00 NFL: Total Access 6.00 European Tour Weekly 6.30 FIFA Futbol Mundial 7.00 Total Rugby 7.30 Soccer Special 10.30 Football First 12.00 Football First 1.30 FIFA Futbol Mundial 2.00 Spanish Cup Football 4.00 Poker 5.00 FIFA Futbol Mundial 5.00 European Tour Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE Vintage Collection 8.00 Powder Adventures 8.30 Spirit of Yachting 9.00 NFL: America's Game 10.00 NFL: Top 10.10 Pool 12.00 Spirit of Yachting 12.30 Mountain Bike World 1.00 Poker 2.00 Sports Unlimited 3.00 Revista De La Liga 4.00 Spirit of Yachting 4.30 Mountain Bike World 5.00 Poker 6.00 Athletics 6.30 Licence to Le Mans 7.00 Live Football Special. West Ham United v Hull City (Kick-off 8.00pm). 7.50 Spanish Cup Football 12.30 NFL: Total Access 1.30 NFL: America's Game 2.30 NFL: Top 10 3.30 Athletics 4.00 Close

Sky Sports 3

10.00 Poker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: America's Game 1.00 Powder Adventures 1.30 Spirit of Yachting 2.00 NFL: Total Access 3.00 NFL: Top 10 4.00 NFL: America's Game 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 NFL: Top 10 8.00 NFL: America's Game 9.15 NFL: America's Game 10.15 Transworld



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THE PORTUGAL
News

BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather. Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Eliot Kid. (R) (T) 4.05 Prank Patrol. (R) (T) 4.35 Little Howard's Big Question. (T) 5.05 Newsworld. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T) BBC News: Weather. (T)

6.00 Regional News Programmes: Weather. (T) 6.30 The ONE Show. (T)

7.00 EastEnders. A battle of wits between Jack and Janine begins as he tries to bundle her into his car boot, but she soon gains the upper hand. Marissa is forced to abandon her plans to run away with Jay, who decides to leave the Square alone. Max encourages Bradley to meet new people, but Stacey is still the only woman for him; (T) BBC News: Regional News. (T)

8.00 Life of Riley. Maddy's stepdaughter Katy becomes a vegetarian, but it turns out her new moral stance might not be entirely good news for the animal kingdom. Meanwhile, stepson Danny gets an unconventional job. Comedy series, starring Caroline Quentin. (T)

8.30 The Green Green Grass. Animal rights activists target the village, with Llewellyn falling victim to a paint bomb and the pub coming under threat, so Boycie organises patrol groups to protect Winderdown farm from attack. Meanwhile, Tyler wants to borrow money to buy equipment for his band, but Boycie refuses until his son completes a task to prove his business ingenuity. (T)

9.00 Hustle. A priceless diamond falls into the con artists' possession, but their good fortune turns out to be more of a curse when they discover ruthless millionaire Toby Baxter is prepared to track it down at any cost, sending in notorious tracer Pinky Byrne to hunt down Mickey and the crew. To ensure their safety, he asks Emma to convince Baxter they have lost the jewel, but a slip-up with her story lands her in grave danger. (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Question Time. (T)

11.35 This Week; (T) Skiing Weather. (T) 12.25 Sign Zone: Pancarnia. (R) (T) 12.55 Sign Zone: Watchdog. (R) (T) 1.25 Sign Zone: It's Not Easy Being Green. (R) (T) 1.55 Sign Zone: Wild About Your Garden. (R) (T) 2.40 Sign Zone: Countryside. (R) (T) 3.35 Sign Zone: Animal Park. (R) (T) 4.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Rocket Boy and Toro. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Barney's Barrier Reef. (T) 8.00 Da Dick and Dom Diaries. (T) 8.30 CBeebies: Pinky Dinky Doo. (R) (T) 8.45 LazyTown Extra. (R) (T) 9.00 Nuzzle & Scratch. (R) (T) 9.20 Harry and Toto. (R) (T) 9.30 Nina and the Neurons. (R) (T) 9.45 Me Too! (R) (T) 10.10 Mister Maker. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Maths Channel. (T) 11.10 Let's Write Non-Fiction. (T) 11.30 Something Special. (T) 11.45 Barnaby Bear. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park. (T) 2.15 Trash to Cash. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attack. (T) 6.00 Eggheads. (T) 6.30 Extreme Dreams: The Ultimate Challenge. (T) 7.00 Oz and James Drink to Britain. The duo visit a small-scale commercial brewery in Wigan. (R) (T) 7.30 The Speculators. The role played by financial speculators in the economic downturn. (T) 8.00 MasterChef. The last heat of the week and the fourth quarter-final. (T) 9.00 Victorian Farm. Alex Langlands and Peter Ginn prepare to deliver lambs and pigs. (T) 10.00 What the Victorians Did for Us. The Victorian belief in progress. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Explore: Argentina's Dirty War. (T) 11.50 Amazon Abyss. (T) 12.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Life of Riley (BBC1, 8pm)

Families are complicated at the best of times, so God help the Riley household, in which second-time-round newbroods Maddy (Caroline Quentin) and Jim (Neil Dudgeon) try to keep order as their two broods live under the same roof. Even Maddy's patience is tested as she finds herself at the head of a modern-day extended family, which consists of children, stepchildren, step siblings, half siblings and a few ex-partners and in-laws for good measure. It seemed as if the family had turned a corner in last week's episode, as Maddy's ex-husband Robbie and Jim put their differences aside and bonded while putting shelves. The pleasant atmosphere didn't last long however, as Jim's son Danny came out of the closet. In this week's instalment, it's Katy's turn to shock her parents when she announces she's giving up eating meat and becoming a vegetarian, although it soon emerges that her new moral stance might not be entirely good news for the animal kingdom. Meanwhile, Danny gets an unconventional job. Lucinda Dryzek, Mark Powley and Taylor Fawcett also star.

C4

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Tricky Business; (R) (T) National Gallery. (R) (T) 10.00 KNTV - Philosophy; (R) (T) National Gallery. (R) (T) 10.35 Chill Out; (R) (T) National Gallery. (R) (T) 11.05 Get Me the Producer; (R) (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 My Eden. (R) (T) 12.40 A Place in the Sun: Home or Away. (R) (T) 1.40 FILM: A Kid for Two Farthings (1955). Drama, starring Jonathan Ashmore. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: My Home Town. Short film on Amersham. Last in the series. (T) 8.00 A Million Pound Place in the Sun. With former premiership footballer Jason Cundy. (T) 9.00 Jamie Saves Our Bacon. Jamie Oliver explores the British pig industry, finding out why many farmers are going out of business and helping consumers make better-informed choices about the pork they buy. (T) 10.35 FILM: The Butterfly Effect (2003). Supernatural thriller, starring Ashton Kutcher. (T) 12.45 Transmission. (R) (T) 1.15 4Music: 4Play: Bryn Christopher. (R) (T) 1.30 FILM: Gerry (2002). Drama, starring Matt Damon and Casey Affleck. 3.20 Portrait of a Young Man Drowning. (R) (T) 3.35 Hill Street Blues. (R) (T) 4.20 Time Team. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.40 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 House Doctor: The A to Z of Design. (R) (T) 12.00 House Doctor: The A to Z of Design. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: Face to Kill For (1999). Revenge drama, starring Crystal Bernard. (T) 5.00 Five News: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.30 Five News at 7. (T) 7.30 Animal Rescue Squad. The owners of an injured dog are sought; (R) (T) 7.30 Five News Update. (T) 8.00 Cowboy Builders. A botched loft conversion in Leeds. (T) 9.00 Soho Blues. New series profiling police work in London's West End. (T) 10.00 FILM: Fortress 2: Re-Entry (1999). Troubled hero Brennick is captured once again by the evil Men-Tel corporation and imprisoned on board a space station. Sci-fi thriller, starring Christopher Lambert. (T) 11.55 Quiz Call. 4.00 Kickboxing: Now Is the Time - Night of Combat. 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praha da Alegria 1300 News 1415 Amor e Ingratias 1500 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Grande Entrevista 2130 TBA 2215 Jogo Duplo 2315 Corredor do Poder 0015 Longe de Casa 0100 Prova de Amor 0200 Le Dernier Meteor, film 0400 Portugal no Coração 0530 Euronews 0605 N6s

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Disponíveis para Doyle 0030 Noites da Dois 0115 Os Indivíduos 0145 Iniciativa 0230 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligou, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1545 Contacto 1715 Rebelde Vira 1800 Três Irmãs 1900 N6s por Cá 2000 News 2115 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0030 CSI: Las Vegas, series 0145 Cartaz Cultural 0230 Todos em Linha

TVI
0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Fetiço de Amor 2315 Olhos nos Olhos 0000 NCIS, series 0145 Até que a Morte nos Separe 0215 Cartaz das Artes 0245 Sempre a Somar 0415 TVI Negócios 0430 The Shield, series 0530 Telesales

BBC3
7.00 Don't Tell the Bride 8.00 Naked 9.00 Vodka, Homework and Me 10.00 EastEnders 10.30 The Undercover Princes 11.30 Family Guy 11.55 Family Guy 12.15 Vodka, Homework and Me 1.15 Naked 2.15 The Undercover Princes 3.10 The World's Strictest Parents 4.10 My 22 Stone Dad and Skinny Me 5.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Tonight in Person: Peter, Paul & Mary 9.00 Reputations 9.45 Men, Women and Clothes 10.00 Style on Trial 11.30 The Look 12.20 Folk America at the Barbican - Hollersers, Stompers and Old-Time Ramblers 1.25 Seasick Steve: Bringing It All Back Home 1.55 Seasick Steve at Reading 2008 2.25 Style on Trial 3.50 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Smallville 8.00 American Idol 9.00 Paris Hilton's British Best Friend 10.00 Supernatural 11.00 Supernatural 12.00 Film: Bottoms Up 15 (2006) 2.00 Teleshopping 5.00 ITV2 Nightscreen

Sky1
1.00 Family Court: Judge Penny 1.30 Family Court: Judge Penny 2.00 Medical Detectives 2.30 Medical Detectives 3.00 Cold Case

4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Cold Case 10.00 Bones 11.00 Bones 12.00 Road Wars 1.00 Street Wars 1.50 Mile High 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Kim's Rude Awakening 4.45 Kim's Rude Awakening 5.10 Guilty!

G.O.L.D
1.10 The Vicar of Dibley 2.05 The Vicar of Dibley 3.00 The Brittas Empire 3.40 Waiting for God 4.20 To the Manor Born 5.00 Whatever Happened to the Likely Lads? 5.40 Keeping Up Appearances 6.20 The Good Life 7.00 The Green Summer Grass 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 The Vicar of Dibley 9.55 The Vicar of Dibley 10.50 Absolutely Fabulous 11.50 Men Behaving Badly 12.30 Two Pints of Lager and a Packet of Crisps 1.10 Absolutely Fabulous 2.05 Men Behaving Badly 2.35 What a Carry On! 3.00 Close

TCM
1.00 The Glass Bottom Boat U (1966) 3.00 Easter Parade U (1948) 4.55 The Boy Friend U (1971) 7.30 Murder at the Gallip U (1963) 9.30 Serpico 18 (1973) 11.25 Clash of the Titans PG (1981) 1.35 Serpico 18 (1973) 3.55 Freaks 15 (1932) 5.00 Ice Station Zebra U (1968)

The Disney Channel
Kids' programmes from 7am, except:

Best of the Rest

MOVIES

Sky Movies Drama

6.00 Yesterday's Children 12 (2000) 7.45 35MM 8.15 A Thousand Acres 15 (1997) 10.05 Revolutionary Road 10.25 On Broadway 12 (2000) 12.15 Eddie Macdon's Run 15 (1983) With John Schneider. 2.00 Columbia Goes to the Guillotine PG (1989) With Peter Falk. 3.45 The Movie Geek 4.15 The Trench 15 (1999) With Daniel Craig. 6.00 The Illusionist PG (2006) With Edward Norton. 8.00 Breach 12 (2007) With Chris Cooper. 10.00 World Trade Center 12 (2006) With Nicolas Cage. 12.10 Rumble Fish 18 (1983) With Matt Dillon. 1.50 Heaven's Gate 15 (1980) With Kris Kristofferson. 5.30 A Father's Son PG (1999)

Sky Movies Comedy

6.40 The Duke U (1999) 8.10 Expiration Date 12 (2006) 9.50 I'm Gonna Git You Sucka 15 (1988) 11.25 Dr Dolittle PG (1998) With Eddie Murphy. 12.55 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 2. 2. 5 Runaway Bride PG (1999) With Julia Roberts. 4. 2. 5 Parenthood 15 (1989) With Steve Martin. 6.30 Dr Dolittle

PG (1998) With Eddie Murphy. 8.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 9.30 Runaway Bride PG (1999) With Julia Roberts. 11.30 Parenthood 15 (1989) With Steve Martin. 1.40 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 3.15 Prizzi's Honor 15 (1985) 5.30 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.15 Ransom PG (1975) 7.55 Flags of Our Fathers 15 (2006) 10.10 Red Sonja 15 (1985) 11.45 Daylight 12 (1996) With Sylvester Stallone. 1.45 The Postman 15 (1997) With Kevin Costner. 4.45 Red Sonja 15 (1985) With Brigitte Nielsen. 6.20 Zodiac 15 (2007) With Jake Gyllenhaal. 9.00 Daylight 12 (1996) With Sylvester Stallone. 11.00 Death Sentence 18 (2007) With Kevin Bacon. 12.50 The Corruptor 18 (1999) With Chow Yun-Fat. 2.45 Face 18 (1997) With Robert Carlyle. 4.35 Ransom PG

Sky Sports 1

6.00 Live European Tour Golf. The Dubai Desert Classic. 9.00 Athletics 9.30 FIFA Futbol Mundial 10.00 Licence to Le Mans 10.30 Live European Tour Golf. The Dubai Desert Classic. 1.30 FIFA Futbol Mundial 2.00 Transworld Sport 3.00 Live Horse Racing. The Dubai International Racing Carnival. 7.00 Premier League World 7.30 Live Spanish Cup Football. A Copa Del Rey quarter-final second-leg match. 10.00 Time of Our Lives 11.00 Premier League World 11.30 The Rugby Club 1.00 Spanish Cup Football 2.30 Time of Our Lives 3.30 Spanish Cup Football 5.30 Premier League World 5.30 Airports World

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 NFL: America's Game 10.00 NFL: Total Access 6.00 The Rugby Club 7.30 Golf Night 9.30 World Hockey Monthly 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 NFL: Total Access 10.00 NFL: America's Game 2.00 NFL: Total Access 10.00 NFL: America's Game 3.00 NFL: Total Access 10.00 NFL: America's Game 4.00 NFL: Total Access 10.00 NFL: America's Game 5.00 NFL: Total Access 10.00 NFL: America's Game 6.00 NFL: Total Access 10.00 NFL: America's Game 7.00 NFL: Total Access 10.00 NFL: America's Game 8.00 NFL: Total Access 10.00 NFL: America's Game 9.00 NFL: Total Access 10.00 NFL: America's Game 10.00 NFL: Total Access 10.00 NFL: America's Game 11.00 NFL: Total Access 10.00 NFL: America's Game 12.00 NFL: Total Access 10.00 NFL: America's Game 1.00 NFL: Total Access 10.00 NFL: America's Game 2.00 NFL: Total Access 10.00 NFL: America's Game 3.00 NFL: Total Access 10.00 NFL: America's Game 4.00 NFL: Total Access 10.00 NFL: America's Game 5.00 NFL: Total Access 10.00 NFL: America's Game 6.00 NFL: Total Access 10.00 NFL: America's Game 7.00 NFL: Total Access 10.00 NFL: America's Game 8.00 NFL: 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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Eliot Kid. (R) (T) 4.05 Outback 8. (R) (T) 4.35 The Legend of Dick & Dom. (T) 5.05 Newsround. (T)

- 5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (T) BBC News; Weather. (T)
- 6.00 Regional News Programmes; Weather. (T)
- 7.00 The ONE Show. (T)
- 7.30 A Question of Sport. Sue Barker asks the questions in the light-hearted quiz, with celebrity guests joining team captains Matt Dawson and Phil Tufnell; (T) BBC News; Regional News. (T) EastEnders. Jack wakes up handcuffed to the radiator and determined to retrieve the incriminating file that Janine has stolen. Patrick struggles to put Yolande behind him and faces upheaval when Denise moves her belongings into his home. Christian and Jane's exploits are revealed, while Bradley is pleased when Ben and Phil warm to his pet dog. (T)
- 8.30 Sky Cops. Five police officers compete to join the helicopter squad, but competition is tough with a maximum of two places available. The selection process ends in tears for one constable and another regrets admitting he may be afraid of flying. Meanwhile, dangerous drivers create a challenge for the existing team members. Jamie Theakston narrates. (R) (T)
- 9.00 QI. British Comedy Award-winner Sean Lock, 8 out of 10 Cats presenter Jimmy Carr and The Now Show's Marcus Brigstocke join regular panellist Alan Davies to discuss fakes and frauds. The questions are so difficult that points are awarded for the answers host Stephen Fry finds most interesting. (T)
- 9.30 Not Going Out. New series. Lucy announces she is pregnant, causing Lee to wonder if he is the father. Comedy, starring Lee Mack and Sally Bretton as mismatched flatmates. (T) BBC News. (T)
- 10.00 Regional News; Weather. (T)
- 10.35 Friday Night with Jonathan Ross. The host presents a showcase of celebrity chat, musical performances and topical commentary. (T)
- 11.35 The National Lottery EuroMillions Draw. Sarah Cawood presents coverage of the National Lottery EuroMillions weekly draw. (T)
- 11.40 FILM: The Last Castle (2001). Thriller, starring Robert Redford and James Gandolfini; (T) Weatherwise. (T)
- 1.50 Sign Zone: Natural World. (R) (T) 2.40 Sign Zone: Animal Park. (R) (T) 3.40 Sign Zone: Animal Park. (R) (T) 4.40 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Rocket Boy and Toro. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Barney's Barrier Reef. (T) 8.00 Da Dick and Dom Diaries. (T) 8.30 CBeebies: Pinky Dinky Doo. (R) (T) 8.45 LazyTown Extra. (R) (T) 9.00 CBeebies: Nuzzle & Scratch. (R) (T) 9.20 Harry and Toto. (R) (T) 9.30 Nina and the Neurons. (R) (T) 9.45 Me Too! (R) (T) 10.10 Mister Maker. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 Razzledazzle. (T) 11.30 Telling Tales. (T) 11.35 Telling Tales. (T) 11.40 See You, See Me. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (T) 2.15 Tash to Cash. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Cash in the Celebrity Attic. (T) 6.00 Eggheads. (T) 6.30 Extreme Dreams: The Ultimate Challenge. (T) 7.00 Chelsea Pensioners: Once a Soldier. New series documenting the life of a Chelsea Pensioner. (T) 7.30 Mastermind. Subjects include AE Housman and British punk. (T) 8.00 Natural World. Natural history film exploring the difficulties of protecting the endangered Bengal tiger when up to 50 workers are killed by the cats each year in the Sundarbans forest, Bangladesh. (T) 8.50 Coast. The Wash in Norfolk. (T) 9.00 Around the World in 80 Faiths. Examining rituals in North America. (T) 10.00 Rab C Nesbitt. Comedy, starring Gregor Fisher. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 The Culture Show Uncut. (T) 12.20 Medium. (R) (T) 1.05 Medium. (R) (T) 1.45 Nero Wolfe Mysteries. (R) (T) 3.20 Close.

Pick of the Day

The Gadget Show Road Trip (five, 8pm)

There are some TV stars who seem to hardly lift a finger for their weekly pay cheque, but not Gadget Show presenters Jason Bradbury, Suzi Perry and Jon Bentley. In this one-off special, the trio are joined by new boy Oris Deezley to embark on another crazy competition as they travel from one end of the UK to the other. The challenge begins in Edinburgh, where the gang splits into two as Suzi and Jon pair up against Jason and Oris, and waste little time in undertaking the first part of the challenge — to race through the streets of the Scottish capital on high-speed tandems. Next, they swap their bikes for cars and set off for Newcastle using only mobile internet services to direct them. Next, the team clamber on board a train to London and must keep themselves entertained using a wide variety of personal devices without disturbing anyone. Finally, in London, the quartet wrap up the contest with a series of location-based games, which are completed using a plethora of high-tech gadgets. If that's not enough to convince you to tune in, Jon meets up with athlete Dean Macey to assess the best action stills cameras.

C4

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Tricky Business; (R) (T) National Gallery. (R) (T) 10.00 KNTV - Philosophy; (R) (T) National Gallery. (R) (T) 10.35 Chill Out; (R) (T) National Gallery. (R) (T) 11.05 Get Me the Producer; (R) (T) National Gallery. (R) (T) 12.00 News at Noon. (T) 12.30 Small Railway Journeys. (R) (T) 12.45 A Place in the Sun: Home or Away. (R) (T) 1.50 FILM: The Diamond Queen (1953). Swashbuckling tale, starring Fernando Lamas. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 My Dad the Serial Killer. What life is like for a murderer's relatives. (T) 8.00 A Place in the Sun: Home or USA? The Houghtons decide whether to take advantage of the drop in American property prices and move to Las Vegas, or invest in Norfolk. Jonnie Irwin and Jasmine Harman present. (T) 9.00 Ramsay's Great British Nightmare. The chef takes on two struggling restaurants. (T) 11.05 Plus One. (T) 11.35 Rude Tube. (T) 12.10 The Sunday Night Project. (R) (T) 1.10 World Series of Poker Europe. 2.05 Red Bull Air Race 2008. (R) (T) 3.05 Transworld Sport. (R) (T) 4.00 Time Team. (R) (T) 4.55 Countdown. (R) (T) 5.40 Inuk.

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Funky Valley Show. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.40 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Hana's Helpline. (R) (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Big School. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 House Doctor. (R) (T) 12.00 House Doctor. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 Five News Update. (T) 3.20 FILM: Crossed Over (2002). Fact-based drama, starring Diane Keaton. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Rough Guide to Safari Adventures. Seeking out wild animals in Tanzania and India; (T) 7.30 Five News Update. (T) 8.00 The Gadget Show Road Trip Special. The presenters travel from Edinburgh to London; (T) 8.00 Five News at 9. 9.00 NCIS. A cadaver being used for medical research sparks a manhunt. (T) 10.00 Num3r3s. Don and the team help track down an audacious con-man who has eluded FBI agents for two years, but later wonder if he is actually the unwitting pawn of a money-laundering syndicate. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Klack. 4.00 Tim Marlow on Henry Moore at Kew. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

- 5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
- 6.00 London Tonight; Weather. (T)
- 6.30 ITV Evening News; Weather. (T)
- 7.00 Emmerdale. Donna's troubles continue as Marlon insists their marriage is over despite Ross's departure from the village. Carl and Lexi argue over the best way to deal with the Dingles. (T)
- 7.30 Coronation Street. Fuelled by revelations from Jason, David and Gary's animosity descends into all-out war. Carla digs into Tony's history with Jed, and Ken escapes his troubles by visiting Martha. (T)
- 8.00 Your Pound Abroad: Tonight. (T)
- 8.30 Coronation Street. David begs Tina to say Gary threw the first punch, as he is rushed to hospital in an ambulance. Carla tracks Jed down and quizzes him about Tony, while Janice contemplates her future. (T)
- 9.00 Trial & Retribution. Part two of two. Relations between the police and the fairground community deteriorate amid threats and intimidation. Walker concentrates his investigation on the victim of the big-wheel killing and a Romanian immigrant worker who had dated the girl is arrested. Efforts to implicate the land development company draw a blank, but it becomes clear more than one person was involved in the death of Pops Gilbert. Drama, starring Victoria Smurfit and David Hayman. (T)
- 10.00 Pushing Daisies. New series of the quirky American drama about a pie-maker who can bring people back from the dead just by touching them. Chuck goes undercover at a honey-based cosmetics firm after its promotional model is stung to death by bees - and she soon learns about the dangers of office politics. Meanwhile, Olive is consigned to a nunnery to stop her revealing that Lily is Chuck's mother. Lee Pace stars. (T)
- 11.00 The Late News and Weather. (T)
- 11.25 London News and Weather. (T)
- 11.35 FILM: Dr Jekyll and Mr Hyde (2002). Remake of the classic horror, starring John Hannah. (T)
- 1.30 Darts Highlights; ITV News Headlines. 2.20 FILM: Tremors 3: Back to Perfection (2001). Sci-fi sequel, starring Michael Gross. (T) 4.00 ITV Nightscene.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1500 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Jogo Duplo 2200 Dança na Praça 0030 Far From Heaven, film 0215 Prova de Amor 0300 The Big Sleep, film 0500 Portugal no Coração

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1715 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Brothers & Sisters 3, series 2330 Diga Lá Excelência 0030 Noites da Doís 0115 Paço 0240 Euronews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0900 Ligo, Ganhou 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1545 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Não Há Crise 2230 Podia Acabar o Mundo 2330 A Favorita 0030 CSI: Las Vegas, series 0130 Shark, series 0230 Todos em Linha

TVI

0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2100 EuroMillions 2200 Flor do Mar 2245 Feitiço de Amor 2330 Olhos nos Olhos 0030 Film TBA 0215 Sempre a Soma 0415 TVI Negócios 0430 The Shield, series 0530 TeleSales

Best of the Rest

BBC3

7.00 The Best of Top Gear 8.00 Doctor Who 9.00 Being Human 10.00 EastEnders 10.30 Grownups 11.00 The Site: No Place Like Home 11.35 Family Guy 11.55 Family Guy 12.20 Little Britain USA 12.45 Being Human 1.45 Grownups 2.15 The Site: No Place Like Home 2.45 Naked 3.45 The Real Hustle: High Stakes 4.15 The Undercover Princess 5.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Transatlantic Sessions 8.00 BBC Four Sessions: Bruce Springsteen 9.00 Folk America 10.00 Later Folk America 11.00 Arena: Rock Docs - Woody Guthrie 12.10 The New Avengers 1.00 Cowards 1.30 Folk America 2.30 BBC Four Sessions: Bruce Springsteen 3.35 Later Folk America 4.35 Close

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Smallville 8.00 Superhuman: World's Smallest People 9.00 American Idol 10.00 Paris Hilton's British Best Friend 11.00 Coronation Street 11.30 Coronation Street 12.00 Film: Back to the Future Part II PG (1989) 2.05 Teleshopping 5.00 ITV2 Nightscene

Sky1

1.00 Family Court: Judge Penny 1.30 Family Court: Judge Penny 2.00 Medical Detectives 2.30 Medical Detectives 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00

Don't Forget the Lyrics 9.00 Film: Happy Gilmore 12 (1996) 10.45 Night Cops 11.45 Road Wars 12.45 Street Wars 1.45 Mile High 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Kim's Rude Awakening 4.45 Kim's Rude Awakening 5.10 Guilty!

G.O.L.D

1.15 The Vicar of Dibley 2.10 The Vicar of Dibley 3.30 The Brittas Empire 3.40 Waiting for God 4.20 To the Manor Born 5.00 Whatever Happened to the Likely Lads? 5.40 Keeping Up Appearances 6.20 The Good Life 7.00 The Green Green Grass 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 The Vicar of Dibley 9.50 The Vicar of Dibley 10.40 Absolutely Fabulous 11.35 Men Behaving Badly 12.15 Two Pints of Lager and a Packet of Crisps 12.50 Absolutely Fabulous 1.45 Men Behaving Badly 2.20 Two Pints of Lager and a Packet of Crisps 3.00 Close

TCM

3.00 A Night at the Opera U (1935) 4.35 The Treasure of the Sierra Madre PG (1948) 6.55 Please Don't Eat the Daisies U (1960) 9.00 Batman Returns 12 (1992) 11.25 Wise Guys 15 (1986) 1.05 Elvis: That's the Way It Is PG (1970) 2.55 Wise Guys 15 (1986) 4.30 The Screening Room 5.00 Murder Most Foul U (1964)

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: The Cheetah Girls: One World PG (2008) Premiere. Comedy drama sequel, starring Adrienne Bailon. 9.30 Film: The Cheetah Girls: One World PG (2008) Comedy drama sequel, starring Adrienne Bailon.

MOVIES

Sky Movies Drama

7.15 Face Value 15 (2001) 9.00 Seven Pounds Special 9.30 What Dreams May Come 15 (1998) 11.30 The Neighbor 12 (2008) With Matthew Modine. 1.15 Columbo: Murder, Smoke and Shadows PG (1989) With Peter Falk. 3.00 The Movie Geek 3.30 American Graffiti PG (1973) With Richard Dreyfuss. 5.30 The Guardian 15 (2006) With Kevin Costner. 8.00 Into the Wild 15 (2007) With Emile Hirsch. 10.30 Amazing Grace PG (2006) With Ioan Gruffudd. 12.30 Ride with the Devil 15 (1999) With Tobey Maguire. 2.50 The Wicked Lady 18 (1983) With Faye Dunaway. 4.35 Revolutionary Road Special 4.55 One Special Night PG (1999)

Sky Movies Comedy

7.10 Jett Jackson: The Movie PG (2001) 8.45 Detroit Rock City 15 (1999) 10.25 Splitting Heirs 15 (1993) 11.55 School for Scoundrels 12 (2006) With Billy Bob Thornton. 1.40 The Simpsons Movie PG (2007) With Dan Castellaneta. 3.10 Rush Hour 3 12 (2007) With Jackie Chan. 4.45 Reno 911!: Miami 15 (2007)

With Carlos Alazraqui. 6.15 School for Scoundrels 12 (2006) With Billy Bob Thornton. 8.00 The Simpsons Movie PG (2007) With Dan Castellaneta. 9.30 Rush Hour 3 12 (2007) With Jackie Chan. 11.05 Reno 911!: Miami 15 (2007) With Carlos Alazraqui. 12.35 Splitting Heirs 15 (1993) With Eric Idle. 2.10 35MM 2.40 Detroit Rock City 15 (1999) With Giuseppe Andrews. 4.25 Jett Jackson: The Movie PG (2001)

Sky Movies Action/Thriller

6.15 Consenting Adults 15 (1992) 8.00 Lake Placid 15 (2000) 9.40 The Hunter 15 (1980) 11.25 Consenting Adults 15 (1992) With Kevin Kline. 1.10 The Kingdom 15 (2007) With Jamie Foxx. 3.10 Lake Placid 15 (2000) With Bill Pullman. 4.50 The Hunter 15 (1980) With Steve McQueen. 6.35 Excalibur 15 (1981) With Nigel Terry. 9.00 The Kingdom 15 (2007) With Jamie Foxx. 10.55 Desperado 18 (1995) With Antonio Banderas. 12.45 Smokin' Aces 18 (2006) With Jeremy Piven. 2.40 GoodFellas 18 (1990) With Robert De Niro. 5.10 Enemy Within PG (2007)

- (R) - repeat programme;
- (T) - programme with teletext subtitles;
- (S) - programme broadcast in stereo;
- (bw) - black and white.

SPORT

Sky Sports 1

6.00 Live European Tour Golf. The Dubai Desert Classic. 9.00 NFL: America's Game 10.00 Premier League World 10.30 Live European Tour Golf. The Dubai Desert Classic. 1.30 Spanish Cup Football 3.00 Premier League World 3.30 International Cricket 5.30 Off The Bar 6.00 Big League Weekend 1 7.00 Premier League Preview 7.30 Live International Rugby Union. England Saxons v Portugal (Kick-off 8.00pm). 10.00 Live Friday Fight Night. Kick brook v Stuart Elwell. 12.00 International Rugby Union 1.30 Premier League Preview 2.00 Friday Fight Night 4.30 Big League Weekend 1 5.00 Off The Bar 5.30 Premier League Preview

Sky Sports 2

6.00 Live International Cricket. Australia v South Africa. 12.30 FIFA Futbol Mundial 1.00 Premier League World 1.30 World Hockey Monthly 2.00 The Rugby Club 3.30 World Hockey Monthly 4.00 NFL: America's Game 5.00 NFL: Total Access 6.00 Powder Adventures 6.30 Sailing 7.00 Ocean Race 7.30 Golf Night 9.30 Premier League Preview 10.00 Off The Bar 10.30 Big League Weekend 1 11.30 Premier League Preview 12.00 Sailing 12.30 NFL: Total Access 1.30 NFL: America's Game 2.30 Sailing 3.00 International Rugby Union 4.30 Sailing 5.00 Ocean Race 5.30 World Sport

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 The Dops 9.30 The Rugby Club 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: America's Game 1.00 Powder

Adventures 1.30 The Dogs 2.00 NFL: Total Access 3.00 NFL: Total 4.00 Transworld Sport 5.00 WWE: Raw 7.00 Tight Lanes 8.00 International Cricket 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 International Cricket 3.00 Golf Night 5.00 NFL: Top 10

British Eurosport

7.30 World Rally Championship 8.00 Live Australian Open Tennis. The second men's semi-final. 11.30 Cross-Country Skiing 12.15 Alpine Skiing 12.45 Live Alpine Skiing. The women's World Cup slalom from Garmisch-Partenkirchen. 1.30 Ski Jumping 2.30 Australian Open Tennis 4.30 Cross-Country Skiing 5.00 Eurogals 5.15 Eurogals: One to One 5.30 Ski Jumping 6.00 Alpine Skiing 7.00 Strongest Man 8.00 Australian Open Tennis 10.00 World Rally Championship 10.30 Yoz Magazine 11.00 Eurogals 11.15 Ski Jumping 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Raw 9.00 Transworld Sport 10.00 NFL: Top 10 11.00 Powder Adventures 11.30 Airports World 12.00 Transworld Sport 1.00 Watersports World 2.00 Ten Pin Bowling 3.00 Bass Fishing 4.00 Powder Adventures 4.30 British Ice Hockey 7.00 NFL: Top 10 9.00 NFL: America's Game 10.00 Tight Lanes 11.00 British Ice Hockey 1.30 Ocean Race 2.00 Powder Adventures 2.30 World Sport 3.00 British Ice Hockey 5.30 World Hockey Monthly

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Hi There !



This is a wonderful dog and would make a perfect companion and guard dog. Handsome, sturdy, very good natured, obedient, loves other dogs, fine with cats, good in the car, walks well on

lead and lots more. Male, 18 months old, vaccinated, neutered, heartworm free. Tel: 282332621 or email: sallylyons@mail.telepac.pt

Luna is a very beautiful Great Dane. She is probably just under one year old and has come to the Canil in Loulé about 6 weeks ago. She is already fully vaccinated. She is very affectionate and lovable. If you would like to give her a new home please contact Isabelle on 914876577



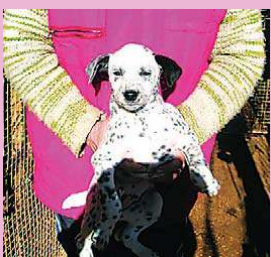
Buster is a very nice dog, very lively and strong! He is very young and healthy. Buster is looking for a nice loving home with space to run. He is an excellent guard dog indeed. Buster has been wormed, deflead and vaccinated. Call Valérie for a visit (I have many other dogs to show you) 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Heydi is 10 months old, she is a pitbull cross very pretty indeed. She is very friendly with people. She

loves cuddles, long walks and she is a very well-balanced bitch. She is not good with other dogs unless she is the dominant one. Heydi has been wormed, deflead, is fully vaccinated (Passeport+microchip) and has just been spayed. She will go to a good loving home. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

Sissy is a female dalmatian cross puppy, around 6 weeks old. The mother was killed in a road accident. She is a lovely little girl. Is you want her, she will be your friend for life. Please call Linda on 282 471 347 - APAA (Mexilhoeira Grande).



Jenny is a small young bitch. She is very lively and wants to play all the time. She is a funny little one following us everywhere, but we don't have time enough to play with her! Jenny would be happy for sure in a family. She is worth a visit! She has been wormed, deflead and vaccinated. Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr



A sad story

A very friendly 10 month old female German Sheppard puppy called Billie was stolen from a boarding kennel in Pera on 18th January. The local police have been informed and have her full details. At the time Billie was taken she did not have her collar on her. Billie has short dark hair on her back and white underside with pointed ears. She has been microchipped and spayed. It will be greatly appreciated if anyone coming across a similar dog could please contact us (Mr and Mrs Mistry) on 969 447 659/282 361 833 or Afonso Horta on 937 584 457.



Four adorable puppies (2 female, 2 male) around 2 months old, were found in a field alone without their mother. They urgently need a home. If you would like one or more of these puppies, please call - 914 967 025.



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Between 1 and 15 of January Bianca shelter "received" 32 abandoned animals. Some were puppies, but many others were old dogs with health problems that required an urgent medical attention. It is sad that people abandon their animal friends that have spent many years with them. One of such dogs is Amber. She is over 6 years old, small (type yorkshire), a bit shy but friendly. Her lower jaw is bigger so one of the teeth goes out and she has a big mammary tumour that will have to be operated very soon. She is hoping that someone will offer her a new home....

If you live in the area of Lisbon and would like to have a dog or cat, please contact Association Bianca in Sesimbra. We are a group of volunteers rescuing dogs and cats from the streets in an area that is characterised by one of the major abandonment rates in Portugal. We have many dogs and puppies, cats and kittens that need re-homing. If you cannot take a dog home, you can help us by fostering one. We also need volunteers to walk our dogs and take them to the vet.

sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and <http://bianca-pet-rescue-adoption.blogspot.com/>



Please note that we have Calendars for 2009 with beautiful pictures of Bianca dogs! You can order them by sending us an email to: lojinha@bianca.pt. By buying it, you are helping our animals. Thank you.

The loves of my life



Well obviously I have many loves of my life, but in my doggie world at the moment, I am talking about Cleo and Merlin, my Portuguese Water Dogs. The breed has been high profile in some media recently, however funny that the UK TV seems to think Obama will have a Labradoodle. The media interest has increased the number of calls I have had about PWDs.

People who know me and have followed my articles over the last few years may know that the reason I actually write about them. The reason I show them here, Spain and in the UK, take them everywhere with me to meet people. The reason has always been to raise the awareness of the breed, the national breed of my adopted country. The ancient breed that was being lost but thanks to government support was saved.

Cleo and Merlin are our family first, they have always been family first and secondly they are show dogs. They do not actually seem to get to so many shows these days, Merlin seems to have one medical crisis after the other preventing him from attending, Merlin is accident prone — everything happens to him. Cleo has 'retired' after becoming a Champion last June, I do still keep her in show cut however as I like her that way. She has attended a couple of shows in Spain, and she will be at Crufts. Merlin, accidents allowing, will return to the ring, probably with Cassie as company once she is 6 months old. Now that will be funny!! Cleo and Merlin live in our house, as I write they are sleeping on the sofa and they spend the night with us. These days it has to be said they have their new Christmas beds and remain there for most of the night! They would be utterly horrified to be left outside in a kennel for the night. Leaving them even for an hour or so is heartbreaking, they turn those big brown eyes on me and I melt. I hate leaving them. They follow me everywhere within the house. If I am having a 'bad health' day they will be there on the bed with me. I could never leave them anywhere.

Which I suppose brings me to the reason for writing this. Caution, when choosing a puppy I suppose I mean, think it through long and hard. The last few weeks have been tough in the PWD world down here. Every phone call has me in tears. I have been contacted by several people with such sad stories about PWDs. I try and help where I can and helped out with one very special girl. Amazingly all were just over 4 years old when they obviously became unfashionable and a burden rather than the pet they may first have been. Thankfully two of them have found wonderful secure homes and are now starting the 'second' phase of their life. One still has an uncertain future. The reasons for their sudden change of luck, well it is never really obvious is it? They are found tied up or wandering alone and lost, some 'fall on their feet' I presume some do not. One has spent most of her 4 years on a balcony. Whenever I hear of these situations I look at my own dogs and try and imagine just what they would feel like if I left them

somewhere, it just doesn't bear thinking about.

The Portuguese Water Dog is a fabulous breed. Cleo and Merlin are adorable, they have brought me so much just by being here. They love to retrieve, be that my slippers, flip flops or anything else they think I may need — even a puppy these days! They are, however, hard work. They are highly intelligent, they are working dogs, they are 'people' dogs, to leave them alone all day and every day just would not work. I know that from mine. Cleo and Merlin are as good as gold, however they would rather be with me than not. They need to be kept occupied, if not they will invent their own occupation. Their coats, if not kept short, are a nightmare to cope with. Take it from me I have had Old English Sheepdogs for over 30 years, the PWD coat is worse to deal with. When Cleo had her first lion cut the brilliant lady who did that cut warned me that the PWD was very high maintenance — she laughingly said that by having a lion cut at least I only had half a coat to deal with. Very true and so perceptive. I often laugh about the fact that they are supposed to be the fisherman's dog and to work on boats and in the water, well put that long coat in water or the rain and you have a matted mess to deal with — well with my two anyway. Today I spent 4 hours just trying to 'dematt' Cleo after the rain in the week, tomorrow is Merlin's turn. How people in the UK cope with them I really do wonder. It is tough on the poor dogs as well, all that combing and brushing. Cleo at this precise moment has no knots in her coat at all, but I hear



CLEO

it will rain again this week so they will be as bad by next weekend. This is the reason I have the trouser suit raincoats for them to keep the coats dry and unknotted. Yes it is an effort to put them in trousers pre them going out but it is worth it to stop the coats getting tied up in knots. All the coats are different, I seem to have the difficult ones!

They do not eat much, well mine do not. All the books say they do not bark, well I contradict that. Cleo does not bark much, except when she thinks she should be in guard mode, when

a car comes up the drive for instance. They are so funny. If in the house and they hear a car coming they will both go to my patio doors and stand on hind legs, paws halfway up the door, looking out, tails wagging furiously and barking. You will often have read that Merlin is a barkaholic — it has to be said he can be quiet but equally he can get me to screaming pitch with his barking as he runs around the garden. If in the car with me they would protect me against anyone, I know that, presumably they would if I was out with them and faced 'a situation'.



MERLIN

So, I suppose the thought is to weigh up all the pros and cons before making the big decision, remember the old saying 'a dog is for life not just for Christmas'. It is more difficult for us all down here as at a moment's notice we may have to return to the UK for relatives illness or 101 other reasons, (we have had many stories of doggies unable to return with their owners), so we have to be able to deal with that. Mine all have current passports on a 'just in case' basis. This has only been done in the light of the sad stories I have heard in the last year or so. Up till then I would have also have been in a situation as only the PWDs had passports.

Portuguese Water Dogs are wonderful, fabulous pets, very loyal companions, fun to be with, but do need lots of love, attention and care. I love their little faces, the small black nose, I love the way they walk and run with those tails curled (except in the ring for Cleo!!), I just love everything about them and on that note I will sign off to play with them for a bit. I just love them to bits! Pictures of them with heads poking out of trouser suits!

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Meet and Greet

I always try and listen to what all our clients tell me and listen to the suggestions, many ring me up for advice and many would love to pop in to our shop just for a chat. That is a very good idea and I have given it some thought.

So as of week beginning 26th January, health permitting (lots of you know this is why I am not in our shops full time) I will aim to be in the Albufeira shop at the following times:-

Tuesdays from:
11.00am until 15.00pm

Wednesdays from:
11.00am until 16.00pm

If anyone is coming any distance for a chat, just in case I cannot get in, just text or ring me before you leave home.

I will probably have one of my doggy family with me on these days. The picture is of me with Lennie, my Bearded Collie. It is Lennie that started me on the road to learning as much as I could to help him and all other dogs. Lennie left me in July 2005, his legacy lives on. I just have to say Thank you Lennie for all you taught me.

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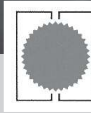


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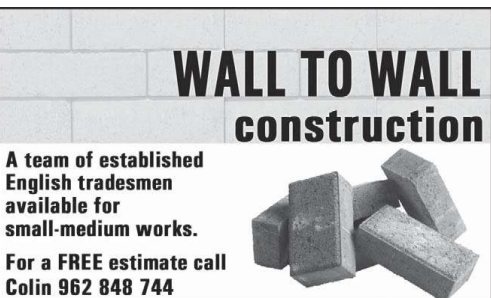
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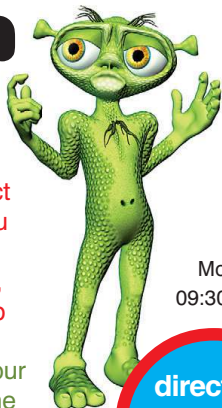
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IGREJA DA DRA. SRS. NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, São Pedro do Estoril Catholic Service in English every Sunday at 10.15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Sobaia, Rua Belmonte, no. 1, Estoril. For more information contact us on 21 9828019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momi

BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986

GREATER GRACE WORLD OUTREACH has Live (and archived) upbeat and inspiring Worship Services available for free viewing through their website www.ggo.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º d.º, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, nº 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S. PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Montforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30am every Sunday. Tel. 21 4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal. Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND

(PRESBYTERIAN) Rua Arraia, 13, Lisbon. Sun. 11.00. Minister's Tel: 214 937 885, www.standrews-lisbon.com.sapo.pt
CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboreira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 213 931 130 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

BAHÁ'Í FAITH - Av. Ventura Terra, nº 1, Lisboa, Tel: 217 590 474, E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15 / Portuguese 12.00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11.30am St Luke's, Monte de Palhaqueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 698 & 919055959 9:30am Igreja N. Sra de Fátima. EN125 between Quatro Estradas & Almarcil.

Contact Rosie 289 328 302 8:00am and 12noon Igreja N. Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788 104. More info: www.stvincentsalgarve.org
ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30am Community Centre, Almarcil (ASCA - Associação Social e Cultural de Almarcil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 38031 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargapal, Sargapal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org
THE EVANGELICAL BAPTIST CHURCH of Lagos. Service 6pm. Urb. Vila Praia da Dona

Ana, Lote 11b, Lagos. (Nr. Hotel Golfinho). Information 282 768 088.

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).
CATHOLIC MASS every Sunday partly in English - 11am, at St. Lourenço Church - Almarcil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almarcil. Further information, please contact the International Catholic Community of Almarcil (Griselda Neto on 966168120 or Vitoronvgn@domop.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJAZUR/VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.
LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12:30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 968 380 404. E-mail: jackieandmo@yahoo.co.uk
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ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151
SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembreiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 442 279. No collection.

Oporto

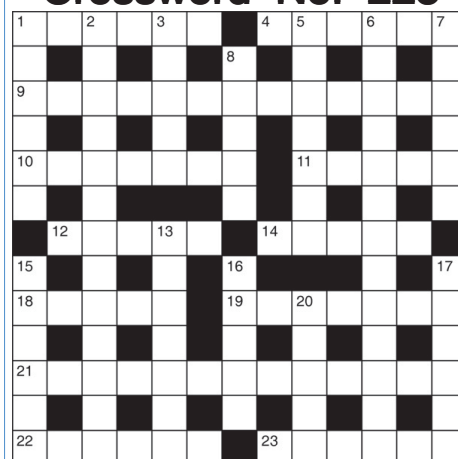
ENGLISH SERVICES IN OPORTO— GREATER GRACE now has contemporary worship in Porto as of 1/1/18. Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Península, Rua Sã da Bandeira, 21 (behind the McDonald's in the Praça da Liberdade) while we continue our search for a permanent location. Service time is 10h (other service times are being considered for 2008). More information is available at www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggo.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching: Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. [www.stjamesporto.com](http://www.stjamesporto.org)
THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saldade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

The Portugal News
Crossword No. 225

QUICK CLUES

ACROSS

1. A planet (6)
4. Formality (6)
9. Callow (13)
10. Handbill (7)
11. Dig (5)
12. Temptress (5)
14. Gem (5)
18. Allude (5)
19. Entwine (7)
21. Contraband (8,5)
22. Stable (6)
23. Sanity (6)

DOWN

1. Protect (6)
2. Mozart opera (3,5,5)
3. Drive back (5)
5. Footpedal (7)
6. Memories (13)
7. Concealed (6)
8. Thin soup (5)
13. Furious (7)
15. Emergency (6)
16. Dulcet (5)
17. To flavour (6)
20. Bird of prey (5)

QUICK SOLUTIONS Nº: 224

Across: 1 Naughtiness; 9 Outdoor; 10 Clash; 11 Baron; 12 Sweater; 13 Assist; 15 Scorch; 18 Asperse; 20 Melon; 22 Clean; 23 Apostle; 24 Detestation.

Down: 2 Alter; 3 Grounds; 4 Thrash; 5 Niche; 6 Scatter; 7 Forbearance; 8 Shorthanded; 14 Supreme; 16 Comfort; 17 Depart; 19 Range; 21 Lotto.

Jesus replied, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him. He who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me. John 14: 23,24



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Upward Glance
with Joyce Voelker

Where is the Punctuation?

F.W. Emmons wrote the following article in 1873. Note that each paragraph is exactly the same, word for word. Only the punctuation is changed. Much of life depends on where we put the emphasis, or punctuation.

The good man

He is an old and experienced man. In vice and wickedness he is never found. Opposing the work of iniquity he takes delight. In the downfall of his neighbor he never rejoices. In the prosperity of any of his fellow creatures he is ready to assist. In destroying the peace of society he takes no pleasure. In serving the Lord he is uncommonly diligent. In sowing discord among his friends and acquaintances he takes no pride. In laboring to promote the cause of Christianity he has not been negligent. In endeavoring to stigmatize all public teachers he makes no

exertions. To subdue his passions he strives hard. To build up Satan's kingdom he lends no aid. To support the gospel among the heathen he contributes largely. To the evil adversary he pays no attention. To good advice he gives great heed. To the devil he will never go. To heaven he must go where he'll receive the just recompense of his reward.

The bad man

He is an old and experienced man in vice and wickedness. He is never found opposing the work of iniquity. He takes delight in the downfall of his neighbor. He never rejoices in the prosperity of any of his fellow creatures. He is ready to assist in destroying the peace of society. He takes no pleasure in serving the Lord. He is uncommonly diligent in sowing discord among his friends and acquaintances. He takes no pride in laboring to promote the cause

of Christianity. He has not been negligent in endeavoring to stigmatize all public teachers. He makes no exertions to subdue his passions. He strives hard to build up Satan's kingdom. He lends no aid to support the gospel among the heathen. He contributes largely to the evil adversary. He pays no attention to good advice. He gives great heed to the devil. He will never go to heaven. He must go where he'll receive the just recompense of his reward.

"If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies. Turn away from evil and do good. Search for peace, and work to maintain it." 1 Peter 3:10-11

More information about how to have a relationship with God can be found at www.rbc.orgpersonal_relationship_with_god.page

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ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Alcantarilha 1.00pm; Alcantarilha 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Alcantarilha 7.30pm. Thurs.: Pêra 7.30pm. Tel: 919 005 590; Tavira 7.30pm. Fri.: Alcantarilha 1.00pm; Portimão 7.30pm. Sat.: Alcantarilha 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969. We look forward to seeing you there.

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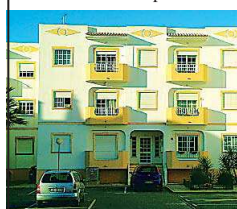
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F1 tests endure harsh weather



The Algarve Motor Park hosted the first multi-team Formula One testing of 2009 this season, but the five teams present, Toro Rosso, McLaren, Renault, Williams and Toyota, were not very fortunate as bad weather did not allow them to test their new equipment to their full potential.

This year, the most prestigious form of motor sport has suffered huge changes in regulations with hopes of making the sport more competitive, whilst reducing costs for the teams at the same time.

It is feared the changes, being so drastic, will favour teams with the biggest budget and widen the gap, as Toyota President John Howett warned: "Historically when there has been a massive regulation change in F1, there has tended to be a bigger dispersion of performance between cars."

One of the most dramatic changes is the prohibition of carrying out tests during the season, meaning that all testing will have to be carried out before March 29th, when the season starts in Melbourne, Australia.

The most notable changes have been the new aerodynamics of the cars, with narrower rear wings and an active front-wing flap, the Kinetic Energy Recovery Systems (KERS), which

uses the energy produced from braking for a temporary boost, and the re-introduction of slick tyres after 11 years, although they couldn't be tested as the rain did not allow.

These new features mean that the 2009 cars have changed their looks radically and teams have been working flat out to make the new systems reliable and worthwhile.

Ferrari cancelled their testing in Portugal due to the rain and relocated to their usual test track in Maranello, but the bad weather followed them and they had to carry out tests in the rain all the same.

Renault and Williams took the opportunity to unveil their 2009 cars on the first day of testing, with Fernando Alonso and Nelson Piquet Jr taking the honours of presenting the Renault R29 to the world whilst Nico Hulkenberg unveiled the Williams FW 31.

The testing sessions at the Algarve Motor Park proved inconclusive as weather did not

provide any constant conditions, a fact highlighting when Buemi, Toro Rosso's driver, clocked the best lap times throughout the five days. It was more as a test to check their new systems were working properly without any glitches.

On Wednesday morning the clouds scattered and it seemed as if Lewis Hamilton and Fernando Alonso would be blessed with ideal conditions to test their cars and have a lap time duel. It did not happen though as the track was still humid and the asphalt was very cold from the night before, impeding the drivers from testing the cars' full capabilities. The day was marked by a fire breaking out in Timo Glock's Toyota, forcing the track to close for half an hour.

Despite the bad weather, all the drivers hailed the Algarve Motor Park as an amazing track, proving to be very technical and taking the cars to extremes with steep hills and fast corners.

It is going to be an exciting year for F1 as all teams try to get their cars ready for the first race of the season; Williams Technical Di-



The new Toyota TF109 engine catches fire during testing on Wednesday morning at the Algarve F1 track near Portimão. (Photo: The Portugal News)

rector Sam Michael has predicted: "I really think it will take five or six races to see where everyone is."

Mourinho sixth best manager

Portuguese manager José Mourinho is in sixth place of the world ranking of managers, using figures between 1996 and 2008.

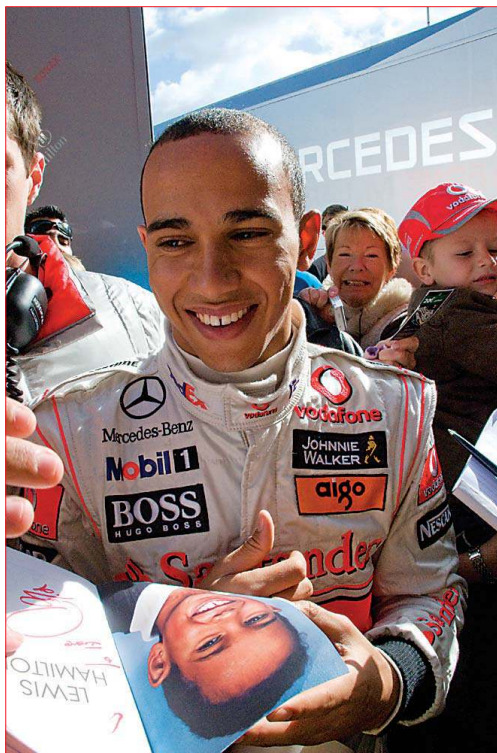
After conquering the UEFA Champions League, the Premiership League and The World Club Championship in 2008, Alex Ferguson leads the table, which is created every year by the International Football Federation of History and Statistics (IFFHS), since 1996.

The 'Special One' took first place in 2004 and 2005, dropped to second in 2006 and plummeted to 15th in 2008, but his average places him sixth overall. The Portuguese manager has 40 points, 38 less than Ferguson, and is behind Italian manager

Marcello Lippi (second), Arsene Wenger (third), Guus Hiddink (fourth) and Sven-Goran Eriksson (fifth).

Former Portugal manager Luiz Felipe Scolari is two places behind Mourinho, in eighth, and José António Camacho, ex-Benfica manager, is 26th, five places above Giovanni Trapattoni, the last Benfica manager to lead the team to victory in the Portuguese league.

Only three Portuguese managers occupy the Top 100 list: José Mourinho, Humberto Coelho (43rd) and Nelo Vingada (63rd).



Lewis Hamilton autographs his book for a fan at the F1 track near Portimão on Wednesday morning. (Photo: The Portugal News)

SUPERLEAGUE FIXTURES DAY 15				
MATCH	DATE	TIME	TV	
Marítimo-Leixões	Friday	18h30	SportTV	
Belenenses-Benfica	Friday	20h45	SportTV	
Amadora-Rio Ave	Saturday	18h30	SportTV	
Trofense-P. Ferreira	Sunday	16h00		
Setúbal-Naval	Sunday	16h00		
Nacional-Sporting	Saturday	18h30	RTP1	
Braga-FC Porto	Saturday	20h45	SportTV	
Académica-Guimarães	Sunday	18h30	SportTV	

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